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AGAWAM

Advertiser



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"Your Hometown Newspaper"

Volume XXIII Number 11

March 16, 2000



EDNA AND JOSEPH MIODONKA OF FEEDING HILLS with "Gustav," a German shepherd which is being trained to be a guide dog. Recently, the Agawam Polish Club's Bingo Committee gave \$500 to the Miodonkas on behalf of the Fidelco Guide Dog Foundation. To learn more about Fidelco, write to the Foundation at P.O. Box 142, Bloomfield, CT 06002.

Advertiser News photo by Kathy Shepard.



TESTING THE WATERS??? Alan Ferrigno (far left), president of the Mawaga Club, youngsters D.J. Sapelli and Rich Johnson, and Mawaga member Jim Stefanik are checking out the club's pond in anticipation of this year's Lunker Derby, which has been scheduled for Sunday, April 9th. Advertiser News photo by Kathy Shepard.

F. Hills Couple Raises Guide Dogs For Fidelco Foun.

by Kathy Shepard
Feature Editor

On the evening they were to receive a donation for the Fidelco Guide Dog Foundation, Joseph & Edna Miodonka of Feeding Hills stood inside the Polish Club in Agawam during a Bingo game and shook hands with member Eddie Barako as he handed them a \$500 contribution to Fidelco from the club's Bingo Committee.

But there was someone else who would offer a handshake - or maybe we should call it a "pawshake." Gustav, the German shepherd being fostered by the Miodonkas, sat nobly beside them, alert and friendly.

The Miodonkas' oldest daughter, Andrea, is diabetic. In the 1980's, her eyesight was deteriorating and she feared she might possibly need a guide dog. Her father investigated places and learned of the Fidelco Guide Dog School in Bloomfield, Connecticut.

Fortunately, Andrea has not lost her vision. Instead, Joe & Edna decided to begin fostering puppies for other people who were blind. Gustav is their fourth foster puppy.

An Incredible Commitment

Foster parents make an incredible commitment, and it is strictly voluntary. Joe told us, "From early morning, it's like a kid on a leash. I am out with him so he can take care of his 'business,' walking him on the sidewalk facing the traffic, teaching him to stop six to 20 feet from the curb.

"When we go into a building of any kind, if the door swings from the left to the right, I have to hold the door with my right hand and let the dog enter, because the dog is always on the left side. There is another procedure if the door opens the other way, and I have to teach the dog commands so that he can navigate that situation. I go first, hold the door for the dog, then give command to come to heel."

Joe added, "The key is to protect the dog at all times. He has to learn to go into buildings and ride elevators. The dog is learning how to protect his future owner, but the owner will learn how to protect the dog, too."

SEE GUIDE DOGS - Page 6...

Mawaga's Year 2000 Lunker Derby Slated For Sunday, Apr. 9th

The Mawaga Club will be holding its year 2000 Lunker Derby on Sunday, April 9th, at the club grounds on Adams Street, Agawam.

A \$15 donation includes fishing from 9:00 a.m. to 1:00 p.m., as well as free lunch for ticketholders.

Record cash prizes for the largest trout will be available: \$200 for first, \$100 for second, \$50 for third, and \$25 for fourth. What's more, there will be a gigantic raffle and door prizes.

Prior to the fishing, a continental breakfast will take place from 7:00 to 9:00 a.m.

For further information, call 789-3359.

Phelps School Site Of Skatepark; Six Flags Helps With \$\$\$

Mayor Richard A. Cohen's campaign promise of improving the delivery of recreation facilities to town youth is a few steps closer with several new developments concerning the construction of a skateboard park here in town.

The 11-member Skateboard Park Committee, chaired by Town Councillor Jill Simpson, with Cohen serving in an ex-officio capacity, has three significant announcements about their progress:

- * the old tennis courts behind Phelps Elementary School in Agawam have been selected as the site for the skatepark;

- * a budget of \$80,000 has been targeted, with bids soliciting a design firm being sent out at presstime;

- * Six Flags New England has provided the Agawam Parks and Recreation Department with 5,000 tickets for Opening Day VIP on Friday, May 5th. Recreation Dept. Director Christopher Sparks says each ticket will be sold at \$10 each to reach a goal of \$50,000, thereby leaving the committee with finding other methods for funding the remaining \$30,000 of the project.

"At this point, the town has made a commitment to building the skateboard," Sparks said at his office on Tuesday. "There has been an awful lot of work put into this by the committee so far and we are pleased with the progress we are making."

Added Cohen, "The skateboard committee is doing a great job and I am very pleased with the progress of the project. Everyone on the committee has worked hard, and the town engineers have also added valuable expertise to the effort."

Sparks said the old tennis courts behind Phelps School were selected because of its central location and close proximity to the Agawam Fire Department just down Main Street. "We did not foresee ever using this facility for tennis again," said Sparks, "so this is why Phelps was chosen over the other site being considered (the Shea's Field tennis courts)."

Approximately 13,000 Square Feet

The Phelps site is approximately 13,000 square-feet. Sparks said the committee is seeking a design firm that specializes in skateparks. "We are looking to build a high quality park with safety being our top priority."

Sparks said the design firm will also be able to inform the committee if the \$80,000 budget will be sufficient. The committee has inspected an 8,000 square-foot park in neighboring Suffield that cost \$45,000; Westfield has budgeted \$100,000 for its skatepark, and West Springfield has budgeted \$50,000 for a planned 10,000 square-foot park.

Thanks to meetings between the Skateboard Park Committee and Six Flags New England officials, Timothy Black, Six Flags general manager, authorized the special, one-day only, Opening Day VIP Ticket promotion. "We believed this organized skatepark will provide the youth of Agawam with a safe place to enjoy the recreational activity that has become a sport in its own right," said Black.

Black said the only way to enter the park on May 5th will be through one of these VIP tickets. Sparks is coordinating the sales of the tickets. Six Flags New England will open for the season on May 6th.

Officials feel that with the high visibility marketing surrounding the many changes and new attractions at Six Flags, the VIP Ticket promotion will be a huge success.

According to Sparks, the skateboard committee is hoping not to seek any additional funding from Town Council to complete the park. He said there will be several plans to fund the remaining \$30,000, including other corporate donations, undetermined fundraisers, and several federal grants that may be available.

Sparks said funds also appropriated but unspent in the Parks Department budget in past years may also be a source of funding. There was

\$158,000 in this account before \$75,000 was earmarked for two playscapes at Perry Lane Park.

"We still have a good amount of money in this account which we could fall back on," said Sparks.

However, Cohen said he is determined that "no taxpayers dollars are spent in building the park. I would like to see us raise all the money and make this project 100 percent self-sufficient," Cohen noted.

No Construction Timetable At This Time

Sparks said there was no timetable yet established for either the start of construction of the park nor would he give a ballpark estimate to when it may be up and running.

"Once we hire a design firm, a lot of the logistical aspects of this will be worked out," he said. Stated Cohen, "I would like to see this happen very soon and we will continue to work hard to make this a reality."

A Skateboard Park Design Contest was recently held in the town's schools and at presstime, Cohen was handing out some goodies to winners in the four categories - K-grade four; Middle School; Junior High; and High School.

Each winner received a free skateboard deck and a season's pass to Six Flags at a ceremony at Phelps School on Wednesday evening. The K-grade four winner was Andrea Walsh, a fourth-grader at Clark School; Middle School, Dean White, grade six; Junior High, Josh Lyons, grade seven; and High School, Mike Lyons, grade 10.

Sparks said each student will be asked to join the committee to give input on the park's design.

Cohen said the committee received nearly 300 entries for the contest.

Members of the Skateboard Park Committee include Jill Simpson, chairwoman; Glenn Olson, Marcia Barker, Van Kacoyannokis, Mike Chase, Mike Tercyak, Mike Theroux, Joe Conniff, Ron Severt, and Sparks and Cohen.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

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Kahlua Combos - 4 Pk. Sombrero, Mudslide, Toasted Almond, White Russian, B-52, Bushwacker 2 For \$8.99		Jack Daniels - 4 Pk. Lynchburg Lemonade, Down Home Punch, Tennessee Tea, Blackberry Jack, Watermelon Spike, Hurricane Punch, Wild Berry Jack \$3.99		Bacardi Breezers - 4 Pk. Calypso Berry, Key Lime, Watermelon, Bahama Mama, Pina Colada, Strawberry Daiquiri, Purple People-Eater, Applelicious \$3.99		

MARCH BEER SPECIALS

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Longtrail Ale (12-Pk. Btls.) \$10.99	Guinness Pub (8-Pk. Cans) \$9.99	Harp (12-Pk. Btls.) \$10.99	Beamish (4-Pk. Cans) \$4.99	J.W. Dundee Honey Brown (12-Pk. Btls.) \$6.99

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Letters To The Editor

Operation Friendship Expresses Appreciation To Its Supporters

To The Editor:

Those of us comprising Operation Friendship, a foreign exchange youth organization, would like to take this opportunity to thank all the businesses, *The Advertiser News*, and friends who have been so generous and supportive to us over the past few months.

The Oldies Dance was a great success. We appreciated all of the donations from the local businesses and shops which comprised our raffles. Your generosity was overwhelming!

Special thanks to *The Advertiser News* for great coverage and press for our dinners and other events.

Another special thanks to the Feeding Hills Congregational Church for allowing us to use their hall and for their donation. We can never hope to repay you, but will always remember you with much gratitude.

As always, those friends and relatives who have come to our events and given their love and support are greatly appreciated. Looking forward to some more good times.

Janet M. Caruso, Vice-President
Operation Friendship

Bernier Family Says Thank You For Supporting Benefit

To The Editor:

The family of George R. Bernier would like to thank tremendously all of the local businesses that donated food and donations for door prizes, and to thank all of the wonderful people who donated their time to make this benefit happen.

We would also like to thank *The Agawam Advertiser News* for its support.

We would also like to acknowledge with great appreciation the many wonderful people who came to the benefit, which showed us just how loved he was by so many and how very much he'll be missed by all.

With all our love and appreciation — thank you!!!
Patti, Dori, Debbie, and Chris

Municipalities Should Not Be Beholden To Special Interests

To The Editor:

The *Springfield Union-News* of 2/25/2000 published an Associated Press report by Jean McMillan describing a cell phone tower siting "compromise" between "environmentalists, industry representatives, and a statewide municipal association." It was an article rich in irony.

The Conservation Law Foundation is hardly what I would call an environmental grassroots movement, and in no way speaks for most environmentalists. Ironically, however, McMillan has equated the stance of the Conservation Law Foundation with the consensus opinion of all environmentalists statewide. Ironically, McMillan even suggested that a politically potent cabal influential enough to write policy for Beacon Hill was somehow "battling" itself.

Never did McMillan call attention to the facts that 1) the Conservation Law Foundation played a powerful role in the utility deregulation bill's passage, and 2) the Massachusetts Municipal Association ever once contested precedents regarding zoning board authority set by the Department of Telecommunications and Energy's siting process for utilities.

I find it ironic how those responsible for the public outcry regarding cell phone tower siting have assumed a new role as saviors; and I find it amazing that "the local authority to regulate" should be preserved in this instance and not another. The situation is almost as ironic as that of state legislators crying foul over tower siting. One might think they did not legislate what they now condemn, or that they had amnesia. They will pass the new "compromise" bill and pretend they saved us.

Local legislators would do well to push amendments to the bill described. Since this "compromise" is sure to pass, it should be passed with local zoning board authority preserved in all spheres. An agency supportive of industry demands "10 out of 10 times" is continually

suspect in its quasi-judicial capacity. Local municipal authorities would do well to push for the preservation of home rule in all spheres, as well, and ought to consider withdrawal from the Massachusetts Municipal Association. That which applies to cell phone tower siting should apply to utility siting; and the lobbying arm of local municipalities ought not be beholden to special interests. Public and private interests occasionally differ.

Sincerely yours,
Owen R. Broadhurst
Agawam

Thanks To Six Flags, Our Town's Character Will Change

To The Editor:

After reviewing the Six Flags expansion proposal, I am sad to say that unless Six Flags is brought under control, we as residents of Agawam can say goodbye to our town as we know it.

Bear in mind that Six Flags states in their report that all estimated figures are "conservative." In other words, this means that they have intentionally underestimated all figures so as to help secure approval for all of the various phases of their development. In reality, all of these figures could end up being substantially higher and have a much greater impact on Agawam. For the sake of argument, let's use the numbers that Six Flags has come up with.

Attendance for 1999 was 1.5 million. Projected attendance for 2004 is 2.1 million. This is an increase of 600,000 people, roughly a 40 percent increase in attendance. Bear in mind that these figures are from Six Flags' report and are "conservative" by their own admission. If they "conservatively" state that they expect 2.1 million guests in 2004, you can bet that in reality, they are hoping for much more than that.

Here's another fact for you. Last year, 944,300 vehicles went to Six Flags. The "conservative" estimate for 2004 is 1,321,300, an increase of 377,000 vehicles per year. That's a 40 percent increase in traffic on our roads. Peak hours traffic on Main Street is expected to increase to an average of 223 cars per hour. That's per hour, not per day!

The only solution Six Flags offers to alleviate this substantial increase in traffic is to create dedicated turning lanes at School St. and Elm St. and the synchronizing of the traffic lights at each of these intersections. They also offer some other minor improvements such as a turning lane into the Veterans' Cemetery and staggering work hours for their employees, but none of these improvements will come close to putting a dent in the massive amounts of traffic that will descend upon our town.

The improvements to Main St. are needed just to help our current traffic problems. The plan refers to a broad range of transportation and safety improvements, but at the same time, plans to utilize side streets such as South St., School St., Elm St., and River Road to route traffic to the park. None of these roads are set-up adequately to handle large volumes of traffic, but that doesn't seem to matter to our friends at Six Flags.

In reviewing the road plans for Six Flags, there were two areas that were conspicuously absent; the South End Bridge and the rotary. Now, every resident of Agawam is familiar with the traffic problems that exist at both of these areas. We've all been bracing for the upcoming construction on the bridge. The report nicely divides the traffic up into little packets of 40 percent here and 25 percent there, but what the report conveniently ignores is that almost all of the traffic has to come across the South End Bridge on on to the rotary.

Take a look at the traffic maps in the report. The bridge and the rotary don't even exist on the map. How can Six Flags neglect to factor in such a trouble spot is what is otherwise an extremely detailed report? An oversight? I don't think so! Have any of you ever tried to cross the South End Bridge anytime between 3:30 and 5:30 on a weekday? Takes quite a while, doesn't it? Well, guess what time has been identified as a peak traffic period by the folks at Six Flags - 4:30-5:30 on weekdays! Six Flags says that they no longer want to be an "event oriented" park. That means that it won't just be on the weekend that traffic will be bad, it will be seven days a week. Now, just for laughs, think about The Big E on top of this.

Let us not lose sight of the fact that we are now dealing with a major corporation that really could care less about the residents of Agawam other than to get approval for their next wave of expansion. In the report, they state that they are trying to attract patrons from the entire Northeast region of the country. It's not like it used to be with Riverside, where the local residents were the majority of the customers.

We only represent a very small percentage of the target customers for Six Flags. I have a letter from Mr. Timothy Black, general manager of Six Flags, in which he states that only 10 percent to 15 percent of the park's traffic will use River Road. Figure 3-9 in the plan from Six Flags puts that figure at 15 percent and then the written explanation (table 3-5) puts that figure at 25 percent. Who are we supposed to believe?

I've spoken with local hotel managers that have clued me in on some of the promotional tactics being used by Six Flags. The main plan is to promote three-day, two-night packages for out-of-town visitors. How long before Six Flags unveils their plans for a hotel near the park and what amount of traffic will that create?

I must say that the improvements to the park so far have been carried out very well and have been well thought out. The bottom line is that they can have 10 million parking spaces for 10 million cars, but it doesn't change the fact that there are only a few ways to get to those parking lots and just about every one of them goes through our nice little town.

Are we in such desperate need of additional tax revenue that we have to sell the soul of our town? Are things that bad? Be wary of the public relations plans being used on our town. Remember the "free tree" days, the promise of athletic fields where now the switching station is to be built, and "\$1 million in lieu of taxes"? These companies have entire departments to deal with smoothing over these types of situations and by the time the town realizes what's going on, it's too late to do anything about it.

Why haven't we heard anything about this expansion plan from any members of the Town Council or the Mayor? Are they on board with Six Flags the way Chris Johnson was with Berkshire Power? Shouldn't they be concerned about this? This is far too important of an issue to simply leave up to the Planning Board every time Six Flags wants to install a new ride. The very future of our town is at stake and once the damage has been done, it will be too late to do anything about it.

Now I know you've all heard me complain about Six Flags and their efforts to send their traffic down River Road, and I'm still up in arms about that, but after reviewing the master plan, I'm more worried about Agawam in its entirety and so should you. Trust me, I have other things to do than running around trying to stir everyone up on this issue. I just feel this is too important for any of us to ignore.

SEE LETTERS - Page 5...



The Agawam Advertiser•News

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LETTERS - from Page 4...

I would hope that every resident of Agawam will contact the members of the Town Council and the Mayor's office and demand that this be looked into before it's too late. The names and phone numbers of the Town Council members and the Mayor's office are usually published in this newspaper.

I don't know about you, but I'm a little tired of major corporations coming into our town and doing whatever they please in search of the mighty dollar. We owe it to ourselves and our children to try to stop this now before it's too late. The Town of Agawam is certainly worth the effort.

Todd Peetros
259 River Rd., Agawam

Concerned Parents Should Be Attending MCAS Meetings

To The Editor:

Attention concerned parents of the MCAS test. **DO NOT BE AFRAID TO GO TO A MEETING IN ANOTHER TOWN OR CITY.** I almost made a mistake because of the way the news media reported the meeting Monday morning. I thought it was a meeting for Springfield parents only. And I also thought it was a selling meeting on how this test is going to work and how wonderful it is and we are all going to be living in big white houses with white picket fences and life will be grand. Now back to the "real world."

Thanks to a friend of mine from Westfield, she did some detective work and she was told that anyone could go. So off we went to Duggan Middle School in Springfield. The attendance was low, but there were many teachers, parents, and children. I will not name the speakers by name, only the titles they have, because I do not have their permission to use their names and two were students.

The welcome and opening was from a gentleman and he is the Springfield Education Association MCAS Committee Chairperson. The first speaker was the 1998 Teacher of the Year. She has two children in college and she teaches second grade. She spoke about the pressure her students are already feeling. She told us about a

student who was so happy in school and this student was a good student and a ray of sunshine. This student is now in fourth grade and facing THE TEST and this poor little girl has no life in her. Her rays are gone, she is so worried about this TEST.

And she told us about other students who are so worried they are not going to pass. The next speaker was a parent and the meeting coordinator and she is a mom who is very concerned with children facing THE TEST. Children with different learning levels and interest (but they will take a test where everyone is the same and everyone learns the same, this is my comment).

Next was a teacher from the High School of Commerce and a parent activist. This gentleman spoke about a meeting he attended this past summer and this is one of the things that was said from the chair of the Board of Education, Mr. Peysey, "that the implementing of the MCAS, there will be some friction and there are bound to be winners and losers."

The gentleman speaking last night said to Mr. Peysey and continued to say to him, "the friction he is talking about is the grinding up of the self-confidence and self-esteem of the children of the Commonwealth should never think of children as losers." The next speaker was a student from Putnam Vocational School and he spoke about how unfair THE TEST is to students in vocational schools because they only have 90 days of classes and 90 days of shop. So they have to learn 180 days in 90. He pointed out to say that most children are not book smart, they are hands-on smart. (And without these future trades people, where would we be? Again, this is my comment.)

Next speaker was a parent and PTO president, Freedman School. She has many children in the system with learning problems and she spoke about her nine-year-old daughter who struggles in school, but is doing fine and she has good marks, but she took THE TEST and failed. This little girl was brave enough to stand up and speak at the opening mic part of the meeting and she said, "I was sick to my stomach after the test" and when she received her results.

Next speaker was a student from Putnam Vocational School. She agreed with the other student. And she also said that the ninth grade children this year that if they do not pass this TEST next year, they are out of there. The last speaker was president of the Springfield Education Association.

tion and he just confirmed everything that was said.

Next was "speak out" (open mic). Many parents spoke and expressed the problems they are having with their children, from stomachache, headache, and so on. And the test is not here yet.

Another mother was in tears because her disabled son has no provision to take the test. Nor does she know how to get any for him. Blind children have to take this TEST and the proper provisions have not been put in place for them.

Another man spoke that we need the test because you will be taking a test to get into the military and to be licensed (but these tests are geared for the job or license you are going for, they are not geared for failure. My comment again). I spoke about my daughter's learning problems, but the real reason for my speaking was that I wanted them to know I was from Agawam and that we have the same concerns as they do.

There was a man who walked out. He said that this meeting was ridiculous. This was while another man was talking and he was going over his two minutes. He was stating that there are changes coming. And the audience groaned. My question is, when? In this year's test? Next year's? And the last change for the children with learning disabilities was to give them more time to take the TEST.

The way the so-called changes and so-called improvements have been going, how can we trust the Department of Education? The improvements are not improvements. Another gentleman asked why there were no school committee members there. The answer was, there was one. Why was the superintendent not there? No answer was given. His last question was, has anyone passed this TEST? And the answer came from a teacher who has corrected the test in the past and she said, "A FEW." This teacher spoke and she said that the test she corrected the question made no sense and she was told to correct it anyway.

The meeting folded up and my friend and I did sign a petition, we were given a "No MCAS" button and bumper sticker. I found it a very informative meeting. I felt that I was not fighting alone. I wish I could tell you that another meeting has been scheduled, but I can't. So please don't be afraid of the meetings. If you hear of a MCAS meeting, make sure to go.

Cheryl Panek
Feeding Hills

LEGAL NOTICE

TOWN OF AGAWAM REQUEST FOR PROPOSALS

LEGAL NOTICE

The Town of Agawam is requesting proposals for the leasing of up to 292 acres of land, located on Tuckahoe Turf Farm for agricultural use. The Request for Proposals may be obtained at the Agawam Town Clerk's Office or the Office of Planning and Community Development, 36 Main Street, Agawam, Massachusetts.

All proposals must be submitted to the Agawam Mayor's Office before 12:00 P.M., March 30, 2000, at which time the Non-Price Proposal will be opened.

The Tuckahoe Turf Farm Committee and the Mayor of Agawam will review the proposals and accept the proposal deemed to be in the best interest of the Town of Agawam.

The Town of Agawam reserves the right to reject any proposal in whole or in part and to accept any proposal or any item of any proposal or to negotiate non-price portions of the project if deemed in the best interest of the Town.

Published: March 16, 2000

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

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GUIDE DOGS - from Page 1...

Fidelco Guide Dog Foundation is New England's only guide dog school. It is a nonprofit organization that breeds, raises, and trains German shepherd guide dogs to be placed with blind men and women. Founded in 1960, it first donated dogs to several guide schools, but in 1981, the organization was expanded to include a training program.

Founder and President Charles H. Kaman is the chairman and chief executive officer of Kaman Corporation. Roberta Kaman, co-founder, is executive vice-president and director of the Animal Husbandry Program. The Kamans serve in these capacities with no financial compensation.

Fidelco uses its own strain of German shepherds, which began with the breeding stock imported from Germany from select working and breeding lines. Fidelco shepherds are especially suited in physical structure and temperament for guide work.

In recent decades, disabled people have been working to establish greater independence and control in their lives, and blind people have known for decades that a guide dog can open up possibilities toward attaining many of their goals or just in taking care of everyday necessities.

The demand for guide dogs increased greatly in recent years, and Fidelco doubled the size of their facility, with a goal to train and place more guide dogs with blind men and women. Fidelco is a pioneer in the guide dog field in the U.S. because it offers a unique, home-based training program, to make it possible for the blind person to stay in the home environment while being trained with a Fidelco guide dog.

Fidelco is able to customize the training to the particular lifestyle, needs, and locale of the blind person. The foster family plays a vital role in the animal's adaptation to service in the outside world. Socialization is the most important aspect of the foster program. With the families, the young guide dog candidates have a chance to become socialized in the home and in the community, preparing them for the professional training ahead of them.

Volunteer families like the Miodonkas adopt a dog as a puppy and bring him up in their own home for the first 14 to 16 months of life. "We take the puppy at about the age of eight weeks. For the first three months, we go to class once a week in Bloomfield. Each class lasts about an hour. The dog socializes with sisters, brothers, and other dogs in the same age group after classes," Joe explained.

"After two or three months, we would go every other week for another several months, then once a month. When the puppy is five months, he gets a red identification jacket to help people recognize him as a guide dog."

Basic Training To Intensive Training

"This is his basic training prior to his going to intensive training. Our prime objectives are to get the dog used to basic commands and to socialize him. For example, I take Gustav to stand outside a public school and other areas where there is a lot of noise, like a construction site. Or we might stand near a bus stop and the dog can get used to the sound of the air brakes."

"Our key objective is to help him learn about these kinds of environments and sounds," Joe said. "I might bring him to listen to a power saw being used to cut down branches so he can become used to many kinds of noises."

One of the most difficult aspects of this program is relinquishing the dog at the end of the training. "We feel it for weeks," Edna said. "But once in a while, we'll see one of our dogs at a fundraising event."

Joe told us, "Our first dog is a world traveler. He's with a gentleman who is vice president of music and culture for the City of New York. The dog is named Gunther and travels to all the reunions."

The Miodonkas described how to approach a guide dog when he or she is out of harness. First, always ask the owner if it is okay to approach the animal, then hold your hand out slowly, palm down, and allow the dog a chance to get to know your scent. Then, if the dog seems comfortable with you, you may gently reach to pat or scratch the neck. Don't reach over or toward the top of the animal's head, as this can sometimes seem threatening.

Joe knows of a Westfield family that has fostered seeing eye dogs. Otherwise, he does not know of other fostering families near here. Joe spoke before Agawam UNICO at Alexander's Restaurant on March 8th. He told us, "We foster out of Christian love and sacrifice."

This amazing program that depends so much on foster families like the Miodonkas has a public fundraising event, a Walk-Run-Ride, each May on the grounds of the Training Center in Bloomfield. Public contributions are relied on heavily, because the event only accounts for approximately one-fourth of its annual budget.

The training and care that go into one of these dogs totals over \$20,000. The only cost to a blind person is a standard good will donation of \$150. A successful match between one of these proud, intelligent animals and a blind person results in a partnership lasting as long as a decade.

Veterans' Corner...

This Week, A Follow-Up On The Sinking Of The H.M.T. Rohna — November 26, 1943

by Ruth C. Bitzas
Veterans' Agent — 786-0400, Ext. 236/237

These are some excerpts from the account of Charles J. Williams, a member of the crew of the H.M.T. Rohna:

"When the guided missile struck, it sent a rumble through the ship similar to a California earthquake. Several seconds later, you could feel the ship starting to list. When the ship listed, everyone headed for the stairs immediately. One of the older men in the outfit, named Sullivan, yelled, 'Easy, easy, walk, walk,' or something to that effect. It calmed everyone down and we walked up the stairs."

"We were up on deck about five or 10 minutes when the order came to, 'Abandon ship.' I walked up and down the deck looking for a friend, Marion Goracy, and yelling his name. Marion was one of the replacements to Co. 'B' during advanced training to bring the company up to full strength. Going over to Africa on the liberty ship, we became good friends."

"Not being able to find Marion, I returned to the bow section of the ship over the hold in which we were quartered. There were a couple of men there from company 'B.' One was named Layden, and the other Sham-bis (ed. note: Sgt. Deloss H. Shambis, casualty). Sham-bis could not swim and refused to leave the ship. He evidently couldn't swim. He refused our help and said he was going to stay with the ship until it went down."

"When I decided to go into the water, I did two things: first, I took off my shoes and jacket, and second, I blew up my life preserver manually to where it resembled a tight inner tube. A USN minesweeper, the 'Pioneer,' lay off our port 200 to 300 yards in the water. The current was sweeping the swimmers in a long line to the minesweeper."

I'm sharing some of this information with you because I feel it's outrageous that the circumstances of the deaths of 1,015 of our WWII veterans was kept from their families for over 50 years until some of the survivors decided a monument should be built to remember and acknowledge their deaths.

This tragedy should have been made known to the families of these veterans; families have a moral right to know the circumstances of the deaths of their sons and husbands. This Memorial Day, when you pray for those who died to keep our country free, remember the 1,015 who never got to come home, including Frank I. Luccardi, a native of Agawam.

LEGAL NOTICE

TOWN OF AGAWAM
BOARD OF APPEALS

LEGAL NOTICE

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, located at 68 Main St., Agawam, MA on THURSDAY, March 23, 2000 at 6:30 P.M., for all parties interested in the

petition of Six Flags of New England who is seeking to amend Special Permit Case No. 1592, which allowed for the creation of an "overflow parking area" on park property at the premises identified as: 1822 Main Street.

Published: March 16, 2000

Ronald A. Hebert, Chairman

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Agawam Housing Reps. In Attendance...

Annual Legislative Education Day Held In Boston

Over 200 local housing officials from across the Commonwealth recently attended the Annual Legislative Education Day at the State House in Boston.

The event was sponsored by the Massachusetts Chapter of the National Association of Housing and Redevelopment Officials (Mass NAHRO), the professional organization representing 248 local housing authorities across the Commonwealth.

Local housing and redevelopment officials fanned out around the State House to meet with their legislators and discuss the need to provide sufficient resources to operate and maintain decent, safe, and sanitary state-aided public housing for elderly, the disabled, and families. These Housing Authorities own and manage 50,000 units of low-income housing in Massachusetts.

Featured speakers included State President Thomas F. Birmingham, Speaker of the House of Representatives Thomas M. Finneran, both the Senate Chair, Steven C. Panagiotakos, and the House Chair, Robert M. Koczera, of the Joint Committee on Housing and Urban Development of the Massachusetts Legislature. Also addressing the delegates was the President of Mass NAHRO, John M. Mather, Executive Director of the Quincy Housing Authority.

Representing the Agawam Housing Authority were Joanne Beltrandi, Executive Director; Robert Watson, Chairperson of the Board of Commissioners; Dorothy Drewnowski, Assistant Treasurer and Tenant Representative; and Joann McGeoghan, Clerk.

While at the State House, the Agawam Housing Authority group met with Senator Linda Melconian's staff; Gilda DiRosa, Executive Assistant, and Legislative Aid Michael Walsh.

After a viewing of the Senator's lovely office, Mr. Walsh toured the Agawam group through an impressive tour of the State House. Following the tour, they were personally greeted by State Representative Dan Keenan, and were able to enjoy time with him and discuss the future needs of the Agawam Housing Authority.



AT THE ANNUAL LEGISLATIVE EDUCATION DAY at the State House in Boston: State Representative Dan Keenan (center) with representatives from the Agawam Housing Authority (from left to right) — Joann McGeoghan, Clerk; Dorothy Drewnowski, Assistant Treasurer and Tenant Representative; Joanne Beltrandi, Executive Director; and Robert Watson, Chairperson of the Board of Commissioners.

LEGAL NOTICE

TOWN OF AGAWAM AGAWAM TOWN COUNCIL

The Agawam Town Council will hold a public hearing on March 20, 2000 at 7:30 p.m. at the Agawam Middle School, 68 Main Street, Agawam, MA on the application of Markowski Farm for a license to keep, store for personal use petroleum products in underground tanks or above ground not to exceed 10,000 gallons at rear south Main Street in the Town of Agawam, MA.

Richard M. Theroux, Town Clerk

Published: March 16, 2000

LEGAL NOTICE

LEGAL NOTICE

LEGAL NOTICE

AGAWAM CONSERVATION COMMISSION

The Agawam Conservation Commission will meet on Thursday, March 23, 2000 at 7:00 PM in the Faolin Peirce Community Room, Agawam Police Station, 681 Springfield Street, Feeding Hills, Mass. The purpose of this meeting will be to hear the Request for Determination of Applicability of Valenti for property on the east side of Warren Street.

By Order of Henry A. Kozloski, Chairman
Agawam Conservation Commission

Published: March 16, 2000

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— Agawam Obituaries —

John P. Paul

John P. Paul, 42, of Regency Park Drive, Agawam, died recently at Noble Hospital in Westfield.

He was a supervisor at Savage Arms Corp. of Westfield for the past year. He worked previously at Atlas Copco.

Born in Southwick, he lived in Agawam for 10 years and was a 1975 graduate of Southwick High School.

He was a crew member of the Gary Cretty Motorsports Modified Tour Racing Championship team.

He leaves his companion, Karen Marker, with whom he lived; his mother and stepfather, Elsie (Dittman) (Paul) Miller and Robert Miller of Southwick; three brothers, James of Merrimack, New Hampshire, Mark of Chicopee, and Joseph of Nashua, New Hampshire; four sisters, Thelma Adair of Goffstown, New Hampshire, and Marie Ronzoni, Valerie Paul, and Rita Gopfert, all of Southwick.

The funeral was held at Southwick-Forastiere Funeral Home and Our Lady of the Lake Church, with a spring burial in New Cemetery, all in Southwick.

Memorial contributions may be made to the Massachusetts Society for the Prevention of Cruelty to Animals, 171 Union Street, Springfield, MA 01105.

Barbara A. Dion

Barbara A. (Goodreau) Dion, 78, of Cardinal Drive, Agawam, and formerly of Bowles Park, Springfield, died recently at Mercy Hospital in Springfield.

She was a former clerk in the New England Telephone Co. revenue department.

Born in Springfield, she was a long-time resident of that city before moving to Agawam six months ago.

She was a graduate of Sacred Heart High School, a communicant of St. Mary's Church in East Springfield, and a member of the St. Mary's Women's Club and the Sacred Heart Society.

She leaves her husband, Lester A. Dion; three sons, David P. of Binghamton, New York, Paul T. of Saratoga Springs, New York, and Jeffrey L. of Reston, Virginia; a daughter, Deborah A. Dion of Washington, D.C.; two sisters, Marjorie O'Connell of Longmeadow and Judie Lauer of Springfield; and five grandchildren.

A son, Robert L., died in 1953.

The funeral was held at Cierpial's East Street Funeral Home of Chicopee Falls and the church, with burial in St. Michael's Cemetery, both in Springfield.

Memorial contributions may be made to the church renovation fund at 840 Page Boulevard, Springfield, MA 01104, or the National Kidney Foundation, 716 Parker Street, Springfield, MA 01129.

Grace R. Kruszyna

Grace R. (DeMillia) Kruszyna, 97, formerly of Pheasant Hill Drive, Feeding Hills, died recently at a local nursing home.

Born in Chicago and raised in Springfield, she was a long-time Springfield resident before moving to Feeding Hills in 1980.

She was a communicant of Sacred Heart Church in Feeding Hills.

Her husband, Stanley Kruszyna, died in 1955.

She leaves a son, Stanley of Chicopee; a daughter, Doris M. Long of Sun City Center, Florida; five grandchildren; 12 great-grandchildren; and two great-great-grandchildren.

Burial was to be scheduled in Fairview Cemetery, and Agawam Curran-Jones Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

Eva M. Lyons

Eva M. (Boice) Lyons, 92, of 1200 Suffield Street, Agawam, died recently in a local nursing home.

She was a former member of the Ward 2 Democratic Committee in Springfield.

Born in Springfield, she was a communicant of Sacred Heart Church.

Her husband, William J. Lyons, Sr., died in 1974.

She leaves two sons, William J. Jr. of East Longmeadow and Jessie M. of New Canaan, Connecticut; two daughters, Phyllis Driscoll of Wilbraham and Jean Smith of Bethel Park, Pennsylvania; 12 grandchildren; and 15 great-grandchildren.

A memorial service will be held at a later date in the church, with burial at the convenience of the family. Sampson Chapels of the Acres Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Massachusetts Association for the Blind, 77 Maple Street, Springfield, MA 01105.

Ann Santini

Ann Santini of 883 Springfield Street, Feeding Hills, died recently at Baystate Medical Center in Springfield.

She was a hairdresser at Margo's Beauty Salon in East Longmeadow for more than 20 years.

A lifelong resident of the Agawam/Feeding Hills area, she was a member of Faith Bible Church in Feeding Hills.

She leaves her aunt, Madeline Scarpa of Agawam.

The funeral was private, and Colonial-Forastiere Funeral Home was in charge of the arrangements.

Bronislaw J. Presz

Bronislaw J. Presz, 76, of 732 Mill St., died recently at Mercy Hospital in Springfield. He was an electrician for 50 years and belonged to International Brotherhood of Electrical Workers Local 7.

Born in North Wilbraham, he lived in Springfield before moving to Feeding Hills in 1953. He was a graduate of the former Springfield Technical High School, a lifetime member of the Polish-American Club in Feeding Hills and a member of the Senior Center.

He was a World War II Army veteran. He leaves his wife, the former Violet Haseltine; two sons, Stephen P. of Enfield, Connecticut, and Michael J. of Felton, California; a daughter, Linda M. Presz of Marathon, Florida; a brother, Stephen Presz of Southwick; a sister, Mary Calentano of Cheshire; eight grandchildren; and a great-grandchild. A daughter, Debra J. McHugh, died in 1982.

The funeral was at Colonial Forastiere Funeral Home and Sacred Heart Church in Feeding Hills, with burial at the convenience of the family.

Memorial contributions may be made to the Senior Center Memorial Fund, Agawam, MA 01030, or the Polish-American Club, 139 Southwick St., Feeding Hills, MA 01030.

Linda L. Guyette

Linda L. (Provost) Guyette, 51, formerly of Springfield, died recently at a local nursing home. Born in Springfield, she lived in West Springfield and Springfield most of her life.

She leaves a brother, Marshall Provost of Springfield; and nieces and nephews. The funeral and burial are at the convenience of the family.

West Springfield Curran-Jones Funeral Home was in charge.

"Gathering Of Remembrance" For Hub Sands

The families of Hub Sands and Claire Smithies would like to announce that a "Gathering of Remembrance" for the late Hub Sands will be held on Saturday, March 18th, from 2:00 p.m. until 7:00 p.m.

This gathering will take place at the Castle Hills Club House, Castle Hills Condominiums, Agawam.

For directions, call Raoul Sands at 789-6733.

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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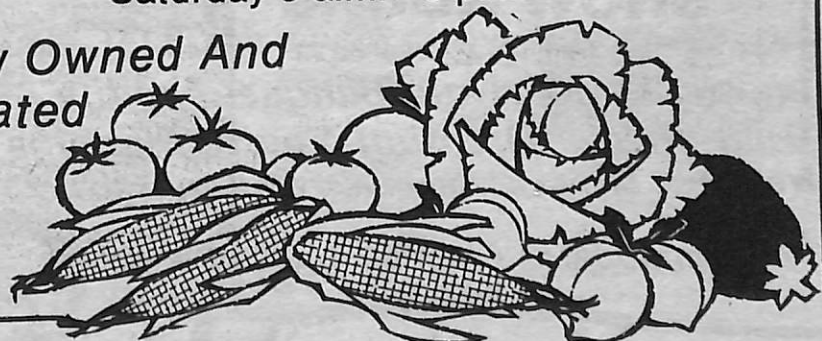
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**Final Clearance Sale
begins March 14th.**

Correction To Page 6 Story Of The AAN (March 9, 2000 Issue)

In the story titled "Officials 'Deputized' To Enforce Smoking Ordinances In Schools," it was said to appeal smoking citation fines through Agawam's Legal Liaison, Police Officer Stanley Chmielewski. This was a mistake.

The correct procedure is to appeal through the Springfield District Court, 50 State Street, Springfield, MA 01103 - ATTN: CIVIL - SECOND FLOOR.
APOLOGIES FOR ANY CONFUSION THIS MAY HAVE CAUSED.

* * * * *

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MEMBER F.D.I.C.



For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

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FABULOUS FURNITURE GIVEAWAY: Win \$15,000 worth of furniture from Kavanagh's, and support the Children's Miracle Network and Baystate Health Systems.

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SALUTE TO VOCATIONAL EDUCATION: Learn about the vocational school challenge, and see for yourself what the students can do.

HOME BUILDERS YARD SALE TENT: While visiting the three buildings of Home Show 2000 be sure to stop at the first ever Home Builders Yard Sale Tent. Featuring first quality building materials including windows, doors, countertops and so much more at drastically low prices.

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Seniors aged 60 and over admitted for \$4.00, \$3.00 with discount coupon below on Tuesday through Thursday, March 21-23 only!

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SHOW HOURS

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Thurs. March 23	2-9:30pm
Fri. March 24	1-9:30pm
Sat. March 25	10am-9:30pm
Sun. March 26	11am-6pm

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For information call (413) 733-8158

Regular Council Meeting Agenda

Agawam Middle School, 68 Main Street
Monday, March 20th — 7:30 P.M.

1. Citizen's Speak Time.
2. Roll Call.
3. Moment of Silence and the Pledge of Allegiance.
4. Minutes - Regular Council Meeting of 3/8/2000.
5. Declaration from Council President.
6. Presentation of Petitions, Memorials & Remonstrances
 - (a) Resolutions
 1. TR-2000-12- A Resolution to Amend Agawam City Council Rule 14 Standing Committees (Coun. Bitzas).
 2. TR-2000-14- A Resolution Adopting Fiscal Year 2000 Supplemental Operating Budget II for the Town of Agawam (Mayor).
 3. TR-2000-15- A Resolution Confirming the Appointment of Peter J. Maynard, 63 Riviera Dr., Agawam, MA to the Agawam Municipal Golf Commission to Complete an Unexpired Term Expiring December 31, 2000 (Mayor).
7. Report of Council Committees
 - None.
8. Elections
 - None.
9. Public Hearings
 - (a)
 1. PH-2000-4-(TO-2000-18)-Application-Propane Storage Permit-Markowski Family, 65 South St.-Request for 10 x 1,000 ga. aboveground Propane (Conduct Public Hearing).
10. Old Business
 - (a)
 1. TOR-2000-2-An Ordinance to Amend Ch. 49, Entitled Personnel of the Code of the Town of Agawam (Mayor)(1st Reading)(Tabled and Ref. to Ordin. Comm. on 2/7/2000 - Left on table 2/22/2000 and 3/8/2000).
 2. TOR-2000-3-An Ordinance to establish a Permanent Sister City Commission for the City of Agawam, MA (Coun. Bonavita and Morassi)(2nd Reading).
 3. TO-2000-13-Transfer-\$15,000 from Line Item-Reserve Fund (16605-57300) to Law Department-Salaries (11511-51010)(Mayor)(Tabled on 2/7/2000 -Left on table 2/22/2000 and 3/8/2000).
 4. TO-2000-17-Voucher List (\$827.00)(Tabled on 3/8/2000).
 5. TO-2000-19-Transfer-\$9,700 from Agawam Municipal golf Course-Undistributed (65263-55000) to Agawam Municipal Golf Course-Chemical & Lawn (65263-52310)(Mayor).
 6. TO-2000-20-Application for License for four (4) automatic amusement devices for Wilson-Thompson American Legion Post 185, 478 Spfld. St., FH.
 7. TO-2000-21-Application for License for three (3) automatic amusement devices for Elbow Lounge-Ray Mor, Inc., 386 Walnut St., Agawam.
 8. TO-2000-2-Application for License for forty-one (41) automatic amusement devices for Six Flags N.E., 1623 Main St., Agawam.
 9. TO-2000-23-Application for three (3) automatic amusement devices for Scoreboard Bar & Restaurant, Inc., 15 King St., Agawam.

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Keenan/House Of Reps. Give Final Passage Of EMS 2000 Legislation

After almost seven years of hard work and great effort on the part of all stakeholders, the Massachusetts House of Representatives has given final passage of the EMS 2000 legislation; a comprehensive bill which will help upgrade Massachusetts to a more integrated, coordinated, and sophisticated EMS system.

"It is imperative that we provide a framework to modernize and enhance the Emergency Medical Services System in Massachusetts," said Speaker Thomas M. Finneran (D-Mattapan). "While it is obvious that our Commonwealth is home to some of the most dedicated and determined medical personnel in the world, including firefighters, ambulance providers, and emergency room doctors, we must look at the way our pre-hospital care is carried out."

"This is a major step toward saving lives," said State Representative Daniel Keenan (D-Southwick). "It is not often that we can affect such change with passage of legislation."

In 1992, the National Highway Traffic Safety Administration (NHTSA) performed a full review of the EMS system and found Massachusetts to be substandard; in fact, the report concluded that, "On a scale of one to 10, the Massachusetts EMS system doesn't even rate a five."

In response to this, then Department of Public Health Commissioner David Mulligan assembled the EMS 2000 Commission charged with formulating recommendations.

The commission's recommendations were for-

mulated as the EMS 2000 legislation, with the intent of ensuring that every citizen of, or visitor to, Massachusetts who is injured or ill and requires emergency medical services receives the right care, from the right providers, and is transported to the appropriate facility within the shortest possible time.

The bill would establish the legislative framework for the development of a statewide EMS system appropriate for the year 2000; one that can function effectively within a rapidly evolving health care delivery system.

This regional plan would provide an integrated system which would include: critically important communications systems, E-911 systems, EMS, transportation, and trauma care. More importantly, it would provide a structure for DPH to develop, implement, and maintain a statewide EMS plan.

"Scientific evidence continues to indicate that reducing time before necessary and appropriate hospital-based care is provided reduces occurrences of death and disability from acute illness and injury," said Rep. Keenan.

Coordinating all of the facets of emergency medical care — public education, training, communication, first response, ambulance transport, and in-hospital services — into a unified system substantially shortens the length of time between onset of illness or injury and appropriate treatment, thereby improving patient outcome.

"EMS 2000 will save lives," commented Keenan.

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, located at 68 Main St., Agawam, MA on THURSDAY, March 23, 2000 at 6:45 P.M., for all parties interested in the petition of Six Flags of New England who is seeking a Special Permit in accordance with Section 180-II of the Zoning Ordinances which would allow for the creation of an "overflow parking area" on park property at the premises identified as: 1822 Main Street.

Ronald A. Hebert
Chairman

Published: March 16, 2000

LEGAL NOTICE

TOWN OF AGAWAM BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, located at 68 Main St., Agawam, MA on THURSDAY, March 30, 2000 at 6:30 P.M., for all parties interested in the appeal of Michael Thomas who is seeking relief from Section 180-23, Paragraph B, of the Zoning Ordinances, which would allow for the conversion of a single family residential structure to a two-family residence at the premises identified as: 954 Main Street.

Ronald A. Hebert, Chairman

Published: March 16, 2000

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Families

In Time For St. Patrick's Day...

Some Interesting Tidbits About The Emerald Isle

by Kathy Shepard
Feature Editor

St. Patrick's Day coincides with the arrival of spring, and almost everyone participates in "the wearin' o' the green." There is no color more appropriate, for Ireland itself, also known as The Emerald Isle, boasts a vibrant green all over the countryside resembling giant, verdant patchwork quilts.

While parades, jigs, greeting cards depicting leprechauns, and corned beef dinners evoke good times and laughter, there are other dimensions to the Irish people not emphasized often enough. Many are avid readers and place great importance on education. History shows that the Irish monks preserved great printed works during periods when invading Norsemen used brutality as a means of control and the written word was at risk of becoming defunct.

Mrs. Richard Shepard, an Agawam resident for almost 50 years, remembers stories her mother, Anna Smyth, told of leaving Valentia Island at the age of 16 and sailing to America to join her sister in New York.

Valentia Island, an island about the size of Agawam off the southwest coast of County Kerry, has become the focus of international attention due to the discovery of a Devonian tetrapod trackway in sedimentary rock in the Knightstown section of the island.

There is a legend that St. Brendan, who sailed from Valentia Island in the 15th century A.D., actually reached the shores of America before Christopher Columbus. Since Valentia is the westernmost harbor of Europe, this seems possible.

Enjoyable as St. Patrick's Day might be, there is a great deal more that can be discovered about Ireland. Once research and exploration has begun, there will presently be a great supply of enjoyment and surprise for anyone seeking to learn more about the legends and legacies of the Emerald Isle.

Mrs. Shepard has kept up communication with her cousins and recently received a letter and some photos from her cousin, Dick Smyth, along with a copy of an article by I. Stossel, the geologist who discovered the trackway.

In his letter, Smyth wrote that the footprints were found "with the help of a local man who was puzzled by the imprints on the rocks at Reenadrolawn Point Valentia..."

"...There is worldwide interest by scientists, geologists, and many other such groups, an area near the trackway site is to be turned into a carpark, and there may be a helicopter landing pad put down there also..."

According to the May 1999 *National Geographic*, this is "one of the greatest breakthroughs in the history



VALENTIA ISLAND, located off the southwest coast of County Kerry Island, has gained international attention because of the discovery of a Devonian tetrapod trackway in sedimentary rock in the Knightstown section of the island.

of the world." And Stossel's article, published in the *Journal of the Geological Society* in 1995, starts out, "Trackways of Devonian tetrapods are very rare, but provide valuable insights into the earliest phase of the conquest of land by vertebrates. This is the first discovery of its kind in Europe."

The *National Geographic* article further clarifies that "Ireland was landlocked and south of the equator and they (the footprints) were probably left in a shallow tropical stream." When the continents shifted, the footprints remained, not to be discovered until 1992. The fossilized footprints are over 365 million years-old. There are about 150 tracks, "each the size a basset hound might leave."

The significance of the tetrapod, according to scientists studying evolution, is that "by developing those four limbs, they became the first large animals able to crawl out of the water, where life first evolved, onto dry land."

"The article continues, "Although today the Valentia tracks lie at the edge of the ocean, symbolizing the emergency of animal life from the sea, their current position is only a geological fluke...during that period, most of the world's landmass was divided into two continents, Euramerica and Gondwana...I could have walked from Ireland and back to America," writes the

author, Kerri Westenberg.

A Cross Between A Frog & A Lizard

The projected images of tetrapods result in something like a cross between a frog and a lizard. There are other details for those devoted to geology or archeology to pursue. Please allow, however, a guess as to the creature's color; based on many other amphibious creatures, it is highly likely the tetrapod was green. Photos of the footprints in *The Geographic* also appear a luminous green because of a material used to highlight them.

For its size, Valentia Island has been the site of many other significant events which have had an impact on our history. Valentia made world news on the historic occasion of the landing of the first Atlantic cable there in 1858. This broke twice, but eight years later, a new, completely successful cable joined the two continents when it was landed in Valentia and connected to Heart's Content, Newfoundland.

This was the first international cable, and a station was established in Knightstown, with terraces in which personnel could reside. Most of Mrs. Shepard's cousins were connected to the cable station in some way.

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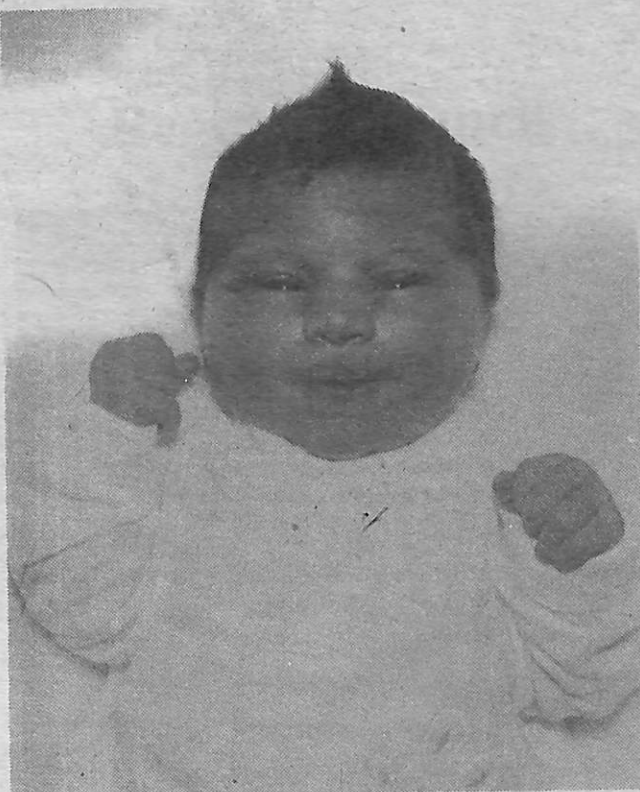


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JADEN KALLI LUKE

The Luke Family Announces Birth Of 1st Child, Jaden Kalli

On February 25, 2000 at 9:05 a.m., Kristie & Jonathan Luke became proud parents of their first child. The Lukes reside in Feeding Hills.

Jaden Kalli weighed eight pounds, 8.5 ounces and was 21 inches long at birth.

Maternal grandparents are Roger & Julie Douillard of Springfield. Paternal grandparents are Jerry & Jeri Luke of Highland, New York.

Great-grandmothers are Anna Daviau and Rose Douillard of Springfield and Margaret Lukesavage of Shavertown, Pennsylvania.

Great-grandparents are Anita & Faustino Davilli of Feeding Hills.

Retirement Dinner & Dance Slated For Ruth Carr Bitzas

A gala Retirement Dinner & Dance is scheduled to be held Saturday, May 6 for Ruth Carr Bitzas, Agawam Veterans' Agent and Director of the Western Hampden District, who will be retiring on April 14th.

The event will be held at The Oaks, 1070 Suffolk St., Agawam as a tribute to this outstanding advocate for veterans the past 18 years.

Deadline for reservations is April 30th. A cocktail hour will be held from 6:00-7:00 p.m., with dinner at 7:15. The menu will include choice of prime rib of beef or baked filet of scrod. Cost is \$30 per person and tables of 10 are available.

Anyone who would like to speak at this event should contact Dianne Moreau at 786-0400, ext. 236 or 237.

Reservation checks should be made payable to the Ruth Carr Bitzas Testimonial, and mailed to Dianne Moreau, Dept. of Veterans' Services, 36 Main St., Agawam, MA 01001. Please indicate your entree choice when making reservations and the number of people.



AIRMAN DAVID M. ROSE

Airman David M. Rose Graduates From Air Force Basic Training

Air Force Airman David M. Rose has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Rose is the son of Eileen P. and Ralph P. Rose of 138 Princeton Ave., Feeding Hills.

He is a 1996 graduate of Agawam High School.

— ADVERTISER NEWS —

Agawam Senior Center Schedules 5th Annual Golf Tournament

The Agawam Senior Center will be holding its fifth Annual Golf Tournament on Friday, May 19th. Proceeds will go toward the expansion of the Center.

There will be a shotgun start at 7:30 a.m. at the Agawam Municipal Golf Course. A \$40 registration fee covers a continental breakfast, greens fees, cart, and a deli lunch at the end of play.

Breakfast will begin at 7:00 a.m. Trophies will be awarded for the winning foursome, closest to the line, and nearest the pin. Two hole-one prizes have been made available from Golf Day and Fran Johnson's.

There will be numerous raffle prizes, including a 25" color television donated by Forastiere-Colonial Funeral Homes. For more information, call Richard Mundo at 786-0400, ext. 242.

"Agawam, Mass. 1896 A West Street residence, Alanson Chapin, and later Oldroyd."

THE HOWES BROTHERS

of Ashfield visited Agawam in 1895-96 to document our town on glass negatives. The image to the right is just one of a collection of 65 that Marilyn and Dick Curry purchased decades ago and donated to the Agawam Historical Association.

You may not recognize it from the original caption above, but a drive by 44 Elm Street would confirm your suspicion that you've seen this house before.

The Agawam Historical Association and Arcadia Publishers are putting together a pictorial history book of Agawam, and we need your help. If you have images from Agawam's past—landscapes, relatives, glass negatives, daguerreotypes, etc. from 1860-1960 and would be willing to lend them to the Historical Association, we'd be interested in speaking with you. Call David Cecchi at 731-7600 (days) or 789-3338 (eve.) for more information.



 Agawam Historical Association

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Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column...

Question: Does eating gelatin help strengthen weak nails? Also, what is biotin? I heard that it can really help brittle nails.

Answer: I really don't know who started the gelatin myth, but it just isn't true. Nails are made of a protein called keratin. Since gelatin is a form of protein, people assume it will help. A decrease of protein in the body will affect the nail, but it has not been proven in controlled scientific studies that gelatin does anything to strengthen nails.

For healthy nail growth, you should concentrate on eating a well-balanced diet containing iron, vitamin C, folate, and other B vitamins. Studies on a B vitamin, biotin, showed some positive results in making stronger nails.

Biotin is part of the B-complex formally known as Vitamin H and is one of the most stable of the B vitamins. Biotin is naturally produced by bacteria within the colon; is a water-soluble nutrient that functions in the breakdown of fat and carbohydrate to produce energy; and aids in the utilization of protein, folic acid, pantothenic acid, and Vitamin B-12.

The best food sources are liver, sardines, halibut, egg yolk, soy beans, cereals, and brewer's yeast. Cauliflower, lentils, milk, and peanut butter also provide decent amounts. Raw egg whites have proven to prevent biotin absorption.

Biotin comes in two forms, biotin itself and biocytin which is reported to be more easily absorbed. Normal adult daily intakes of biotin is about 30 micrograms a day. Studies using anywhere from 200 to 5,000 micrograms have been used with positive results for about two-thirds of the people studied who had thin, brittle, and split nails, showing results in about three months. It also has been useful in treating hair loss.

There have been no toxicity cases reported, even in high doses, as excesses can be eliminated in the urine. Because there is no U.S. RDA (reference daily intake) for biotin, most experts suggest no more than 300 micrograms per day as a daily intake. It is suggested not to use high doses unless under medical supervision.

I have gathered this information from many reports and sources and have reported this to you for your awareness only and is not meant as medical advice.

Pamper yourself today, call for a warm lotion manicure with Melissa, and revitalize those dry hands and nails!

Thought for a smile: a mug of hot cocoa with lots of mini-marshmallows.

Remember ... Beauty is our Business!

Ag. Senior Center's Weekly Lunch Menu

Monday, March 20th: Meatball stroganoff, egg noodles, peas, whole wheat bread, orange.

Tuesday, March 21st: Pasta and egg soup, corned beef on rye, broccoli salad, tapioca pudding.

Wednesday, March 22nd: Meatloaf with gravy, baked potato, butternut squash bake, rye bread, prunes.

Thursday, March 23rd: Baked chicken leg, mashed potatoes, corn and broccoli bake, whole wheat bread, pineapple chunks.

Friday, March 24th: Seafood salad on a roll, baked beans, cole slaw, brownies.

(Menu subject to change without notice.)

On Friday, March 17th...

Free Exhibition Performance By AHS Cheerleaders

On Friday, March 17th, the Agawam High School varsity cheerleaders will hold an exhibition performance of their competition routine in the AHS gymnasium, beginning at 7:30 p.m.

There is no charge to attend this event, and refreshments will be served.

This performance is a "thank you" from the cheerleaders to the Town of Agawam, its businesses, residents, families, and friends for their outstanding support and kind encouragement for the cheerleaders' recent trip to the National High School Cheerleading Championships in Florida.

Best local news with us, each and every week...

Mother's Day Craft Fair Slated For May 13th In West Spfld.

The West Springfield Partnership for Education is sponsoring its annual Mothers' Day Craft Fair on Saturday, May 13th on the Town Common.

This is a long-established annual event with a very healthy following of regular shoppers. Approximately 150 spaces are available for a non-refundable fee of \$40 per space (15' x 15').

Vendors are responsible for providing their own chairs, tables, and canopies. Electrical service is not available.

This is a rain or shine event from 9:00 a.m.-5:00 p.m. Request an application by sending a self-addressed, stamped envelope to: 2000 Mothers' Day Craft Fair, 322 Circle Drive, West Springfield, MA 01089.

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10 Lbs. Or More	\$1.39 Lb.
Boneless Top Round London Broil	\$2.49 Lb.
Boneless Top Round Steak	
(Center Cut)	\$2.89 Lb.
Boneless Center Cut Pork Roast	\$2.89 Lb.
Boneless Center Cut Pork Cutlets	\$2.99 Lb.
Grade "A" Whole Chickens	69¢ Lb.
Grade "A" Chicken Breast	
Whole	\$1.19 Lb.
Split	\$1.39 Lb.
Zonin Italian Sausage	
(Hot Or Sweet)	\$2.39 Lb.

DAIRY & FROZEN

Hood 1% Low Fat Milk (Gal.)	\$2.19
Hood Select Orange Juice	
(½ Gal. - Paper Ctr.)	\$2.39
Grade "A" Jumbo Eggs (Doz.)	99¢

SEAFOOD

Fresh Scrod Fillet	\$4.99 Lb.
Fresh Sea Scallops	
(Large Size)	\$7.99 Lb.



PRODUCE

Bananas	49¢ Lb.
California Asparagus	\$1.49 Lb.
California Navel Oranges (Doz.)	\$1.39
Long Green Celery (Bunch)	69¢
Washington State Red Delicious Apples	69¢ Lb.
Mini Carrots (1 Lb. Pkg.)	99¢

DELI

Land O' Lakes White American Cheese	\$3.69 Lb.
Cooper Sharp Cheese	\$3.49 Lb.
Russer German Bologna	\$1.69 Lb.
Russer Virginia Baked Ham	\$2.99 Lb.
Willow Brook Smoked Turkey Ham	\$2.49 Lb.
Deutsmacher Polish Loaf	\$2.69 Lb.
Mother Goose Liverwurst	\$2.89 Lb.
Russer Low Salt Ham	\$3.49 Lb.
Willow Brook Deluxe Turkey Breast	\$2.39 Lb.
Store-Made Fresh Egg Salad	\$1.99 Lb.
Store-Made Fresh Chicken Salad	\$4.99 Lb.

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ELIZABETH ROSE MILLIKEN

The Milliken Family Announces Birth Of Daughter, Elizabeth

Scott & Carrie Milliken announce with great joy the birth of their second daughter, Elizabeth Rose. She was born on October 21, 1999 at 1:23 p.m. She weighed eight pounds, four ounces, and was 20 inches long.

She was welcomed home by her very proud two year-old sister, Cassidy Marie.

Her grandparents are Ron & Sue Viens of Agawam, Gerri Milliken of Agawam, and Fran & Donna Milliken of West Suffield, Connecticut.

Also welcoming Elizabeth are her great-grandparents, Fran & Marie Viens of Feeding Hills, Louis & Gloria Lodigiani of West Springfield, and Herbert & Evelyn Booker of Port Charlotte, Florida.

Celebrating Elizabeth's recent baptism at St. John's Church in Agawam were her godparents, Jeff & Sue Wands.

From the Agawam COA...

Income Level Increases For Fuel Assistance

The Agawam Council On Aging would like to announce the following increases in the income levels for fuel assistance:

Household Size	Income
1	\$16,480
2	\$22,120
3	\$27,760
4	\$33,400
5	\$39,040
6	\$44,680
7	\$50,320
8	\$55,960

AFS Students At Turnverein On Sunday, March 19

The Springfield Turnverein Cultural Program will be held Sunday, March 19th, at 2:30 p.m., and will feature two Agawam High School American Intercultural Programs (AFS) students.

Elena Cattoni from Italy and Winston Marcello Gonzales from Bolivia, both seniors at AHS, will discuss what it is like to be a foreign student here in the USA. They will be joined by their AFS peers, Kathrin Wiltel from Austria and Diego Epherra from Argentina, both Longmeadow High students.

Since AFS also provides programs for American students, Travis DiRuzza will talk about his semester in France, and Reeka Talati and Nancy Picknally will share their summer experiences in Latin America.

There will be refreshments after the program. All are welcome. There is no admission. For more information about the Turnverein program, call 567-5608.

Elena Cattoni is living with Lou & Mary Alice Garvin and family of Feeding Hills, and Winston Marcello Gonzales is living with Craig & Debbie Struck and family of Agawam.

Afternoon Retirement Celebration Slated For Joanne Beltrandi

The public is cordially invited to join with the Agawam Housing Authority Commissioners and staff at the Agawam Senior Center to honor Joanne Beltrandi, Agawam Housing Authority Executive Director, on the occasion of her retirement.

The celebration is scheduled for Thursday, March 23rd from 1:00-3:00 p.m. at the Center on 66 Meadowbrook Manor, Agawam.

Joanne began her career with the Agawam Housing Authority in December 1985 as the Assistant to the Director. Three years later, she became the Assistant Director and continued for eight years when in June 1996, she became the Executive Director.

Joanne is the mother of three children and grandmother of seven.

To RSVP, please call (413) 786-1297 by March 20th. Refreshments will be served.



"Friends of the Agawam Senior Center" will hold their second Annual French Toast Breakfast on April 30th at the Agawam Senior Center.

There will be continuous serving from 8:00 a.m. until 12:00 noon.

The menu will consist of French toast, sausage, orange juice, and coffee, milk, or tea. Egg substitute will be available for those who can't have eggs.

"Friends" will be assisted by the Agawam Lions Club, whose members will do the cooking. This promises to be a very enjoyable morning with family and friends. We hope to see many of our friends and civic leaders come out for this event. The tickets will be \$3 for adults and \$1.50 for children under 10.

Tickets may be purchased from any member of "Friends" or at the Senior Center.

Cub Pack 75 To Offer CPR Class At Sacred Heart

A CPR class will be offered by Cub Pack 75 for the benefit of the Pack.

The class will take place on Saturday, April 1st, from 12:00 noon to 3:00 p.m., and Sunday, April 2nd, from 1:00 to 5:00 p.m. The location is the Sacred Heart Parish Center.

For more information, call 789-1655 or 786-2309. (Please leave your name and phone number on the answering machine if nobody answers.)

Agawam Resident To Compile A Pictorial Overview Of The Town In The Year 2000

Long-time resident Jim Birchall of Main St., Agawam is beginning to compile a pictorial overview of Agawam in 2000 A.D. comprised of both pictures from the past with current views.

When finished, he expects to have over 2,500



KATHRYN M. LECH & ERIC W. KING

Kathryn Marie Lech Engaged To Wed Eric William King

Mr. Walter Lech and Mrs. Margo Dranka of Palmer would like to announce the engagement of their daughter, Kathryn Marie Lech, to Eric William King of Agawam. Eric is the son of Mr. and Mrs. Ralph King, Sr. of Agawam.

Kathryn is a graduate of Palmer High School and Holyoke Community College. She is presently employed at Old Mill Pond School in Palmer and The Rainbow Connection Nursery School and Day Care Center.

Eric is a graduate of Agawam High School and DeVry Technical Institute in New Jersey. He is presently employed at WWLP-TV22 as a broadcast engineer.

Kathryn and Eric have planned an October 21, 2000 wedding.



The Agawam Senior Games Athletes will sponsor a trip to Mohegan Sun on Monday, March 20th. The price will be \$16 and will include gratuities.

Mohegan Sun will offer a \$15 meal ticket, and a \$10 free play on the Big Wheel. We are looking forward to a full bus, and a special day of fun with our friends.

We will leave the Senior Center at 8:00 a.m. sharp and arrive at Mohegan Sun at approximately 9:30 a.m. We will leave Mohegan Sun at 4:00 p.m. sharp, arriving home at approximately 5:30 p.m.

To obtain a ticket, please call Edie Chiba at 786-5539 or purchase a ticket at the Senior Center.

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Church News



Reflections...
submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

Lenten Sacrifices...

During Lent, one of the things we tend to think about is sacrifice. Some people "give up" favorite things during Lent. For example, some people swear off candy. Perhaps that's how Easter candy got its start, as people, particularly children, broke their fast from candy on Easter morning.

Whatever special sacrifices we might make during Lent are not to be made for their own sake; they are intended to focus our attention on the great sacrifice which God made for us.

Sometimes people might think it's no big deal that God sent His Son to die on the cross for our sins. It's as though it wasn't hard for God. Well, it was.

In an effort to help us understand how difficult it was for God to sacrifice His Son for us, God had Abraham act it out with his son.

Some time later God tested Abraham. He said to him, "Abraham!" "Here I am," he replied. Then God said, "Take your son, your only son, Isaac, whom you love, and go to the region of Moriah. Sacrifice him there as a burnt offering on one of the mountains I will tell you about."

Early the next morning Abraham got up and saddled his donkey. He took with him two of his servants and his son Isaac. On the third day Abraham looked up and saw the place in the distance. When they reached the place God had told them about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid him upon the altar. Then he reached out his hand and took the knife to slay his son.

One can only begin to imagine the anguish that must have been heavy in Abraham's heart. Those of us who are parents can especially feel it. As we look at our own children, can we put ourselves in Abraham's shoes?

Then, remember how Abraham had long prayed for a son in the first place. God had promised great blessings for Abraham in earlier years. But Abraham said, "O Sovereign Lord, what can You give me since I remain childless?" When we realize that Isaac was really all Abraham ever wanted, the grief is greater still.

As Abraham trudged towards that mountain,

there were two separate and seemingly disparate thoughts running through his head. One thought, which most likely made him nauseous with anxiety, was that God was making him kill his own son.

He couldn't understand why God would make him do that. The only thing he understood was that God's command was clear. The other thought was that somehow or other, a better outcome lay ahead.

Abraham said to his servants, "Stay here with the donkey while the boy and I go over there. We will worship and then we will come back to you." As the two of them went on together, Isaac spoke up and said to his father Abraham, "The fire and the wood are here, but where is the lamb for the burnt offering?" Abraham replied, "God Himself will provide the lamb for the burnt offering." And the two of them went on together.

In this story, we might recognize some parallels with the story of Jesus. We can begin to appreciate the anguish of a father who must sacrifice his son in order to accomplish the will of God. *Neither father wanted to do it.* No loving father would. Abraham was spared, but God wasn't.

We can appreciate the anxiety of the son who was about to be sacrificed. *Neither son wanted to be sacrificed.* Isaac received a reasonably good answer to his inquiry. However, when Jesus prayed at the Mount of Olives, "Father, if You are willing, take this cup from Me; yet not My will, but Yours be done," He did not receive a reprieve. An angel from heaven appeared to Him and strengthened Him. And being in anguish, He prayed more earnestly, and His sweat was like drops of blood falling to the ground.

The sacrifice of Jesus Christ for your sins and mine cost both God the Father and God the Son very dearly. It wasn't done as a religious exercise. It was done out of God's love for us.

What then can we say in response to this? If God is before us, who can be against us? He did not spare His own Son, but gave Him up for us all — how will He not also, along with Him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns?

Christ Jesus, who died — more than that, who was raised to life — is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or nakedness or the sword? No, in all these things we are more than conquerors through Him who loved us.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Parish News And Notes From St. John's Church

REMINDER TO PARENTS

Please return the Parental Involvement form which you received from the Youth Committee. We need your help! Just drop it in the Basket or Parish Office.

GIRL SCOUT EASTER PROJECT

Our Girl Scout Troop will be participating in an Easter Project, "Operation Hope Tote," in conjunction with the Springfield Rescue Mission.

The girls will be filling tote bags with personal care items for distribution in early April. They are asking St. John's to help them by donating items (e.g., toothbrushes/paste, soap, shaving cream, brushes, combs, tissues, etc. — only new and unopened).

"NOAH AND THE FIRST RAINBOW"

Sign-ups for anyone interested in joining or helping with the production of "Noah and the First Rainbow" will be held on Saturday, March 18th and 25th, from 10:00 to 11:00 a.m. in the lower Church. The play is set for May 21st.

Come and join us. Call Ann Schwein at 786-7063 for information.

FINANCIAL AID FORMS FOR 2000

Those who wish to apply for financial aid to assist in parochial school education costs may pick up a form at the Rectory Office.

A new form must be submitted each year and must be sent in by May 1st.

STATIONS OF THE CROSS

The Stations of the Cross will take place each Friday night after the 7:00 p.m. Mass. Come join us!

ST. JOHN'S OVER-60 CLUB

A Thimble Island cruise will take place on May 4th, with lunch at the USS Chowder Pot III. The bus will leave at 10:15 a.m.

The cost is \$49. If interested, call Barbara, 569-9830, or Lil, 786-9586.

Coming up: Victorian Cape May trip, June 12th-15th (four days/three nights, \$335); Saratoga Performing Arts ballet, "Sleeping Beauty," Thursday, July 6th (\$63 package); Tall Ships in Boston, Wednesday, July 12th (bus, lunch, harbor cruise, JFK Museum - \$69).

CATHOLIC WOMEN'S CLUB

The Catholic Women's Club is sponsoring a Tag Sale on April 29th in the church parking lot again this year.

To reserve a space, please call Betsy at 786-5160.

"GLIMPSES OF GOD"

"Glimpses of God," a Lenten afternoon of prayer, will be held in the Parish Center on Sunday, March 26th, from 1:30 to 3:00 p.m. with Sr. Mary Clare Finn, SSJ.

All are welcome to come to pray together.

Rev. Peter Monahan's "Reflections..." is a regular feature of The AAN.

* * * * *

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Grace Baptist Church

475 Pine Street, Feeding Hills
Pastor Carmen A. Rizzo

"A Place For Your Family"

Schedule Of Services

SUNDAY

9:30 A.M. - Sunday School
10:30 A.M. - Morning Service

Series - "Biblical Portraits"
(Role Models For Today)
6:00 P.M. - Evening Services
Series - "Immortality"

FRIDAY

6:30 - 8:30 P.M. - Awana Clubs Youth Program
Adult Series:
"What It Takes To Make A Marriage Work"

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Church News - continued...

Corned Beef Dinner At St. David's Church...



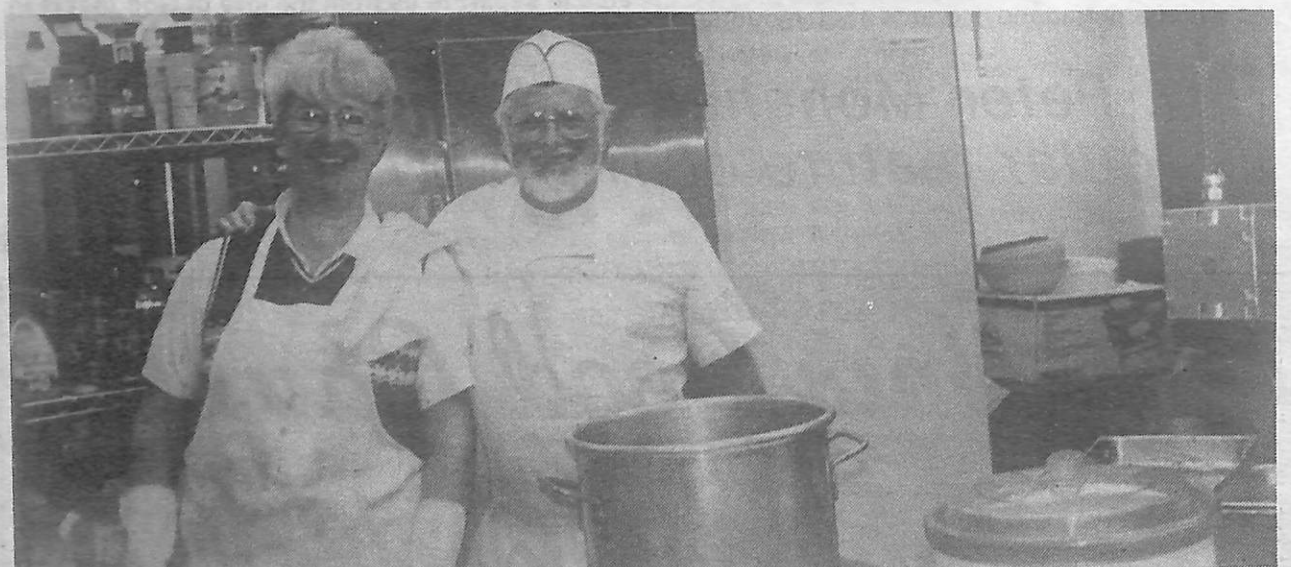
"TOP OF THE 'EVENING' TO YOU!!!": Kitchen helpers Bill Souder, Paul Fontaine, and Chris Machos at St. David's corned beef and cabbage dinner. Advertiser News photo by Kathy Shepard.



A CORNED BEEF AND CABBAGE DINNER was held on Monday, March 13th, at St. David's Episcopal Church in Feeding Hills. **IN TOP PHOTO:** Anticipating their meal are Ernie Follansbee, June Madamas, and Stasia & Ed Zades. **IN PHOTO BELOW:** Bernice Burton, Jim Birchall, and Barbara Kupec. Advertiser News photos by Kathy Shepard.



CORNED BEEF AND CABBAGE DINNERS AT ST. DAVID'S are enjoyed by the whole family: Mary Beth, Cray, and baby Duncan Reed. Advertiser News photo by Kathy Shepard.



CHRIS MACHOS AND KEN BARREPSKI in the kitchen at St. David's Episcopal's Church for the corned beef and cabbage dinner, which took place on Monday, March 13th. Advertiser News photo by Kathy Shepard.

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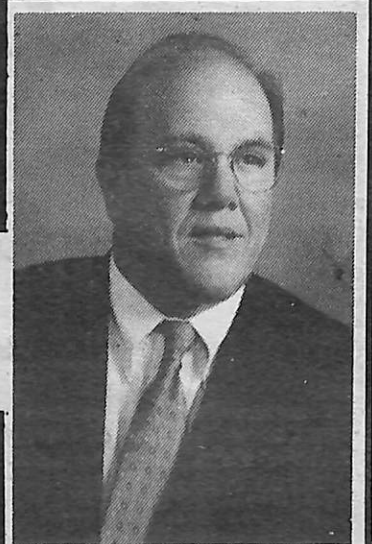
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Church News - continued...

Calendar From Ag. Congregational

On March 19th, the Second Sunday of Lent, worship will be held at the Agawam Congregational Church (745 Main Street, Agawam) at 10:30 a.m., and Church School will take place at 9:00 a.m. (for seventh- through 12th-graders) and during the 10:30 a.m. service (for Crib Room through sixth-graders).

The interim pastor, Rev. Dr. Eric Bascom, will continue the Lenten sermons series, "Toughing It Through With Jesus," by bringing the second of his messages, "Don't Cast Your Pearls Before Swine."

The Sacrament of Christian Baptism will be administered to infants during the service, and the service will conclude with the reception of new members.

During the Lenten season, members of the Agawam Congregational Church will be crossing the street to the Agawam Baptist Church for regular Wednesday morning devotions at 7:00 a.m., followed by a continental breakfast at the Baptist church.

A Lenten series will be offered on Wednesday evenings at 7:00 p.m. in the Friendship Room. The series will be led by Gerry Desroches.

All are invited to attend. Join us as we journey through Lent together.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Tuesday morning. We read from the devotional guide "Under Room" for meditation and discussion, with time for coffee and fellowship.

The Annual Meeting will be on Sunday, April 9th, following the worship service.

All officers and new committee members will be installed at this time.

The Ladies Aid is sponsoring an "Appraisal Fair" on April 6th from 3:00 to 7:00 p.m. at the church. Stop by and have your "treasures" appraised.

The cost is \$5 for one item, and \$12 for three items. Coffee and tea will be served.

There will be a bake sale ongoing through the fair, and refreshment will also be available for purchase.

For more information concerning any of our events, please call the church office at 786-7111.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...

On Saturday, April 1st...

Parent/Teen Workshop At First Baptist Church

Are you a parent with teens? Or are you a teen with parents? If so, there's something going on that you should be aware of.

On Saturday, April 1st, the First Baptist Church of Agawam will host a Parent/Teen Workshop from 9:00 a.m. to 4:00 p.m. It will incorporate discussion, role-playing, and games, as well as some critical truths to help teenagers and their parents understand and enjoy each other more.

Dave Anderson, former Youth Director of the Agawam Baptist Church and current Director of Christian Education for the First Baptist Church of North Adams, is facilitating the workshop. Anderson brings over 10 years of experience in helping and supporting youths and their families. He also brings a spirit of joy, which makes any session that he leads FUN.

The workshop is open to the public. A \$5 per person donation is requested to help offset the cost of materials and food (lunch is included). Pre-registration is strongly encouraged by calling the church office at 786-7300 or John or Nancy Barber at 786-9498. If you get an answering machine, leave a name, phone number, and number attending.

It is said that the teen years are survivable by both the teen and parents. With this workshop, it is hoped that you will more than survive them, but perhaps even enjoy them.

The First Baptist Church of Agawam is an American Baptist fellowship located at 760 Main Street, at the corner of Elm.

Lenten Season Observances At United Methodist Church

Plans for the Lenten season continue to be formulated at the Agawam United Methodist Church at 459 Mill Street in Agawam (opposite the Agawam High School). Sunday Services begin at 9:30 a.m. with Pastor Beryl Notman.

The choir is busy rehearsing for Palm Sunday and Easter. The Bible Study is continuing to meet on Wednesday evening from 6:00 to 7:15 p.m., and the choir rehearsal follows at 7:30 p.m. You are cordially invited to join us at any time.

Looking forward to Easter, we will greet Easter morning at the Sunrise Service at the High School, followed by a pancake breakfast at the church and our service as usual at 9:30 a.m. Hope to see you there.

**Check our
classified ads...**

Activities & Events At First Baptist Church In Agawam

"Bread of Life" is the title of Rev. Barnes' sermon for March 19th, and the scripture reading will be John 6:25-34. Visitors are welcome at First Baptist Church, 760 Main Street, Agawam.

Childcare is available during worship. Following worship is a time for coffee and fellowship, and then Sunday School classes for all ages.

Two adult classes are offered — the Pastor's class, "The Hurried Family," and the study of the New Testament class led by Rev. Mercy Gonzalez-Barnes.

A Continental-type breakfast will be served after our Wednesday morning Prayer Time throughout Lent.

We extend an invitation to friends and neighbors to join this time of quiet discussion and meditation which begins at 7:00 a.m.

The adolescent years are survivable. A Parent and Teen Workshop will be held at the church on April 1st from 9:00 a.m. to 4:00 p.m. The workshop is being facilitated by Dave Anderson, Christian Education Director at First Baptist Church of North Adams.

Acclaimed by both youths and adults, the workshop incorporates discussion, games, role-playing, and more. For more information, please call the church office at 786-7300.

Lenten Schedule For St. Anthony/ St. Theresa Churches

LENTEN SCHEDULE

DAILY MASSES: 9:00 a.m.—Monday, Tuesday, Wednesday (St. Theresa's); 7:00 p.m.—Thursday (St. Theresa's); 9:00 a.m.—Friday, Saturday (St. Anthony's).

STATIONS OF THE CROSS: 8:30 a.m., Friday (St. Anthony's).

PALM SUNDAY: 8:30 a.m., St. Anthony's; 11:00 a.m., St. Theresa's (Special Mass for the children).

HOLY WEEK SCHEDULE

EASTER TRIDUUM

HOLY THURSDAY: 7:00 p.m., St. Theresa's (with a procession to St. Anthony's).

GOOD FRIDAY: 4:30 p.m., Stations of the Cross (Mary's Way), St. Anthony's; 7:00 p.m., St. Theresa's.

EASTER VIGIL: 8:00 p.m., St. Theresa's.

EASTER: 8:30 a.m., St. Anthony's; 11:00 a.m., St. Theresa's.

MAKE YOUR RESERVATION

An inheritance
incorruptible and
undefiled [is] reserved
in heaven for you.
—1 Peter 1:4

As early as 1995, reservations were being made in fashionable hotels and resorts for celebrating New Year's Eve 1999. According to writer Calvin McDowell in *The New York Times*, the London Savoy had by then been twice overbooked. Although the charge for the evening was \$1,000, the Rainbow Room in New York City had a waiting list. So did the Waldorf-Astoria. Reservations were hard to get.

For many people, the end of the 1900s and the dawning of a new millennium brings with it the hope that life will be different. Yet one doesn't have to be endowed with the gift of prophecy to know that life is destined to continue as it was in the last millennium. For example, we can be

sure that death will continue to be inescapable. We know that no one today will live to see the year 3000.

Because death is inescapable, we must answer this very thought-provoking and personal question: Have you made sure of your heavenly reservations? It's not too late. You need to put your trust in Jesus Christ now for forgiveness and cleansing of your sin. You then will have a guaranteed reservation for that home in glory (Jn. 14:2), and you can be assured that you'll celebrate with the Lord for all eternity. Make your reservation today! —VCG

There is a place reserved in heaven

For all who have believed;

Eternal life is freely given

When humbly it's received. —Sper

IT'S NEVER TOO SOON TO PLAN FOR ETERNITY.



SYMPTOMS: Do you...

- ☐ think spaghetti is a finger food?
- ☐ sleep "like a baby" (up at 10, 2 and 4)?
- ☐ write your grocery list in crayon?
- ☐ say "bye-bye" to everyone?

DIAGNOSIS: Mother of Preschooler! (MOP)

Rx: Attend a MOPS® meeting. Relief is usually immediate!

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Church News - continued...

Announcements From Sacred Heart Church In Feeding Hills

TEMPORARY MASS TIME CHANGE

The 6:00 p.m. Mass on Monday evening, March 20th, has temporarily been changed to 7:00 p.m. due to parish needs.

With the Parish Mission on Monday, March 27th, there will be no evening Mass; only a Service at 7:00 p.m.

PARISH LENTEN MISSION

The Parish Lenten Mission gives us a wonderful opportunity to find God's unconditional love, His mercy, and forgiveness.

The Mission will begin on March 25th and continue through March 29th.

RUMMAGE SALE

For the past few years, a group of parishioners has held a Rummage Sale. It is an excellent source of income for the parish. All the money raised is used to give a helping hand to those in our community who are in need. To make this a success again this year, we need your help!

For the first time, we are really appealing to you to help us on the day before the sale when everything is set out and also on the day of the sale (Thursday, April 27th). The core group of people is getting smaller, and help is really needed. If you could give us some time, please call Theresa at 786-4966 or Nancy at 786-3384.

Of course, we also need you to think of the sale when you go through the spring and summer clothing that you no longer need, as well as household linens, etc. We have an Attic Treasure room, so here is a good place to get rid of all that extra clutter that we all have. But, please — only clean, usable items!

So keep us in mind and please seriously think of giving us a helping hand. (More details will be provided later.)

YOUR HELP IS NEEDED

Junior Girl Scout Troop No. 581 is asking for your help in an Easter service project, "Operation Hope Tote," to help the area homeless. They are asking for your donation of any of the following personal care items to be distributed to the homeless in early April through the Springfield Rescue Mission: toothbrushes, toothpaste, soap, shaving cream, shampoo and conditioner, deodorant, socks, brush and comb, tissues, shoelaces, and hand or body lotion.

You may bring any donations of new, unopened items to any of the Masses during the month of March; all items must be collected by the weekend of March 25th-26th. No cash donations, please. Your help is greatly appreciated!

OPERATION RICE BOWL

Our community is participating in Catholic Relief Services' Operation Rice Bowl. As we pray, fast, learn, and give in preparation for Easter, we must see our actions and the actions of others as opportunities to express our hunger and thirst for justice to all those around us.

Catholic Relief Services hungers and thirsts for justice by working with the most vulnerable of our brothers and sisters in over 80 countries around the world.

This week: Think about how you can hunger and thirst for the justice in your community, in our nation, and around the world. Write down one way that you can demonstrate your hunger and thirst in each of these three areas during the Lenten season.

Calendar For The Week From Valley Community Church

The Valley Community Church welcomes all who claim Jesus Christ as their savior to join in the weekly events of the church at 152 South Westfield Street, Feeding Hills. The telephone number of the church is 786-2445.

The calendar for the week is as follows:

Saturday, March 18th: Visioning Retreat, Part II, 8:30 a.m. to 1:00 p.m.

Sunday, March 19th: Service, 9:30 a.m. (Pastor Gene de Jongh; guest cellist, Suzanne Morgan); Fellowship, 10:30 a.m.; Sunday School for all ages & Adult Bible Class, 11:00 a.m.

Tuesday, March 21st: Karing Kids Club (new monthly youth club), 6:30 p.m.

Wednesday, March 22nd: Junior Choir, 6:15 p.m.; Senior Choir, 7:00 p.m.

Thursday, March 23rd: Open Prayer Meeting, 7:00 p.m.; By-Laws Committee, 7:30 p.m.

Saturday, March 25th: Parish Life Committee Trip to the Red Bucket Sugar Shack, 8:30 a.m.

Best local news ... AAN!!!

Announcements From Faith Bible Church In Agawam

There will be a Missions Conference at First Baptist Church in East Longmeadow, March 15th-17th. Faith Bible Church will be showcased on Friday, March 17th, doing a most intense skit entitled "Purchase of Souls."

First Baptist has been an important part of Faith Bible Church in the past few years, and it's our honor to be a part of this Missions Conference.

Again, just a reminder of our pot luck supper on Friday, March 24th. Mr. Kearney will be making green corned beef.

We always manage to have too much food and quite a lot of fun.

We will be making a change in our services on Sunday.

On Sunday, April 2nd, we will be starting two services — one at 9:00, and the other at 10:30.

There will be Sunday School and nursery provided at both.

WEEKLY SCHEDULE OF EVENTS AT FAITH BIBLE CHURCH

Sunday: 9:30 a.m. to 10:15 a.m., Adult Sunday School; 10:30 a.m. to 12:00 noon, Service; 12:00 noon to 1:00 p.m., Coffee/Fellowship.

Tuesday: 6:30 p.m. to 8:30 p.m., Bible Study/Book of Revelation.

Wednesday: 6:30 p.m. to 7:00 p.m., Prayer; 7:00 p.m. to 8:00 p.m., Praise & Worship Service.

First & Third Thursday: 6:00 to 7:00 p.m., Young Ladies Bible Study (at the Michalak home).

Friday: 6:30 to 8:30 p.m., Youth Group.

Saturday: 6:00 a.m. to 8:00 a.m., Leadership Prayer & Meeting; 8:00 a.m. to 9:00 a.m., Open Prayer; 9:15 a.m. to 10:00 a.m., Bible Study; 10:00 a.m. to 12:00 noon, Music Practice; 12:00 noon to 1:00 p.m., Outreach.

Lenten Mission At Sacred Heart Church

The presenter, Father Daniel Lanahan, O.F.M., will open the Mission on Saturday, March 25th, at the 4:00 p.m. Mass at Sacred Heart Church, Feeding Hills. He will also preach at the three Masses on Sunday, March 26th.

On Monday, March 27th, Father Lanahan will preach at the 7:00 p.m. Mass. His topic will be "Living in the Embrace of God's Love."

On Tuesday, March 28th, the 8:00 a.m. Mass and 7:00 p.m. Service will focus on "Forgiveness to the Path of Peace."

On Wednesday, March 29th, the Mission will conclude with an 8:00 a.m. Mass and 7:00 p.m. Service. Father Lanahan's theme will be "Healing the Human Heart." An anointing (healing) will follow on Wednesday.

A reception will be held in Sacred Heart's Parish Center on Wednesday, March 29th, after the 8:00 a.m. Mass and 7:00 p.m. Service.

News And Notes From F.H. Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday morning service of worship begins at 10:00 a.m.

Rev. Donaldson's sermon is entitled "Standing Up and Being Counted." The Lector will be Matt Granger. The Bible reading is Mark 8:31-38. Rich Rozanski and Samantha Justilian will be our Acolytes.

Children, who are invited to attend worship with adults, will be dismissed for Sunday School at a designated time. Nursery care will be provided for the very young.

The Board of Christian Education will sponsor Movie Night on Friday, March 17th, at 7:00 p.m. Families and friends are invited to share in our church fellowship.

The Agawam Parish Association will hold their monthly breakfast meeting here on Saturday, March 18th, at 8:30 a.m.

Confirmation Class continues to meet here each Wednesday at 6:30 p.m. A trip is planned to Mt. Sinai Temple on Friday, March 24th.

On the calendar:

Friday, March 17th: 7:00 p.m., Movie Night.

Saturday, March 18th: 8:30 a.m., Agawam Parish Association.

Sunday, March 19th: 10:00 a.m., Worship; 12:00 noon to 8:00 p.m., Church of Redemption; 1:00 p.m., Blue and Gold Banquet.

Monday, March 20th: 4:00 p.m., Daisy Scouts; 6:30 p.m., Cub Scouts; 7:30 p.m., Worship Committee.

Tuesday, March 21st: 7:00 p.m., A.A.; 7:30 p.m., Lay Minister/Membership Committee.

Wednesday, March 22nd: 2:45 p.m., Girl Scouts; 6:30 p.m., Girl Scouts; 6:30 p.m., Confirmation; 7:30 p.m., Choir.

Thursday, March 23rd: 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible Study.

Catholic Women's Club Seeks Vendors For Rummage Sale

The Catholic Women's Club of Agawam is seeking vendors and crafters for a tag/rummage sale to be held on April 29th from 9:00 a.m.-3:00 p.m. in the parking lot of St. John the Evangelist Church, 833 Main Street, Agawam.

Size of space is 15' x 18' and the cost is only \$15. Food and drinks will be available on the premises.

For further information, call Betsy Ciempa at 786-5160.

ADVERTISER NEWS



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Spotlight On Business

Legal Memo

by

Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Medical Malpractice Failure To Diagnose Ewing's Sarcoma

The plaintiff, who was then 15 years-old, went to the emergency room of a hospital in January 1995 complaining of right-sided abdominal and chest pain of several weeks' duration. A chest X-ray was performed at the hospital and was reported by the defendant radiologist as a "normal study." No other findings were noted.

Three-and-a-half months later, in April 1995, the plaintiff went to the emergency room of another hospital complaining of a one-week history of nausea, decreased appetite, fever, intermittent diarrhea, and dehydration. A chest X-ray taken at that time indicated a large mass in the posterior base of the right-lower lobe. A lung biopsy was subsequently performed confirming the presence of a malignant round cell tumor and the plaintiff was diagnosed with Ewing's sarcoma.

The plaintiff immediately underwent chemotherapy treatment, which initially had a moderate effect. In August 1995, she underwent surgical resection of the right chest wall, as well as a reconstructive procedure. She continued chemotherapy and radiation treatment through April 1996.

In May 1996, bilateral lung nodes were noted on a chest CT scan, which necessitated additional rounds of chemotherapy that were completed in May 1997. The plaintiff had an excellent response to her second round of chemotherapy and has been disease-free since early 1997.

The plaintiff's expert radiologist opined that the defendant did not conform to the standard care of the average practicing radiologist in his interpretation of the January 1995 X-ray, which allegedly demonstrated an abnormality that should have been reported.

The plaintiff also retained an oncologist who opined that the three-and-a-half month delay in the plaintiff's diagnosis led to a substantially increased probability of dissemination of her malignancy, thereby significantly adversely affecting her chance of long-term survival.

The case was settled for the sum of \$500,000.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

* * * * *



Cecilia P. Calabrese

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BARRY BOCCASILE (far right), Vice-President of Coldwell Banker, announces the 1999 production leaders on the west side of the Connecticut River (from left to right): **Kathy Neilsen**, Agawam; **Kathy Rose**, Westfield; and **Priscilla Harman**, West Springfield. These three top producers were jointly responsible for over \$19 million in real estate sales in 1999. Coldwell Banker Keenan & Molta's Suburban West office, located at 770 Main Street in Agawam, was also the number one Real Estate office west of the Connecticut River based on overall sales volume (over \$38 million in sales). Advertiser News photo by Kathy Shepard.

Nominations Sought For Chamber's Small Business Of The Year Award

The Affiliated Chambers of Commerce of Greater Springfield, Inc., is seeking nominations for its Small Business of the Year to be awarded at the 2000 Small Business Recognition Banquet in June at Chez Josef in Agawam.

Now in its seventh year, the event recognizes small business Chamber members which have demonstrated longevity as an established business; growth in workforce and revenue; innovation within the business; response to adversity; exceptional contributions to the community; an entrepreneurial spirit; and outstanding Chamber involvement.

Past winners have included OK Pet Supply, Inc.; Maybury Material Handling; Chez Josef; Dave's Soda and Pet Food City; Longview Associates;

Reminder Publications; and United Personnel Services. As well, all nominees will be honored at the banquet for their outstanding achievements and contributions.

The award finalist will be submitted to the United States Small Business Administration for consideration for both the state and national Small Business Person of the Year award as honored by the SBA.

Nominations must be returned by April 14th. Nomination forms are available at the Affiliated Chambers offices at 1441 Main Street, Springfield, or by calling the Chamber at 787-1555. For more information on the award or the nomination process, call Senior Vice-President Debra Boronski at 755-1309.

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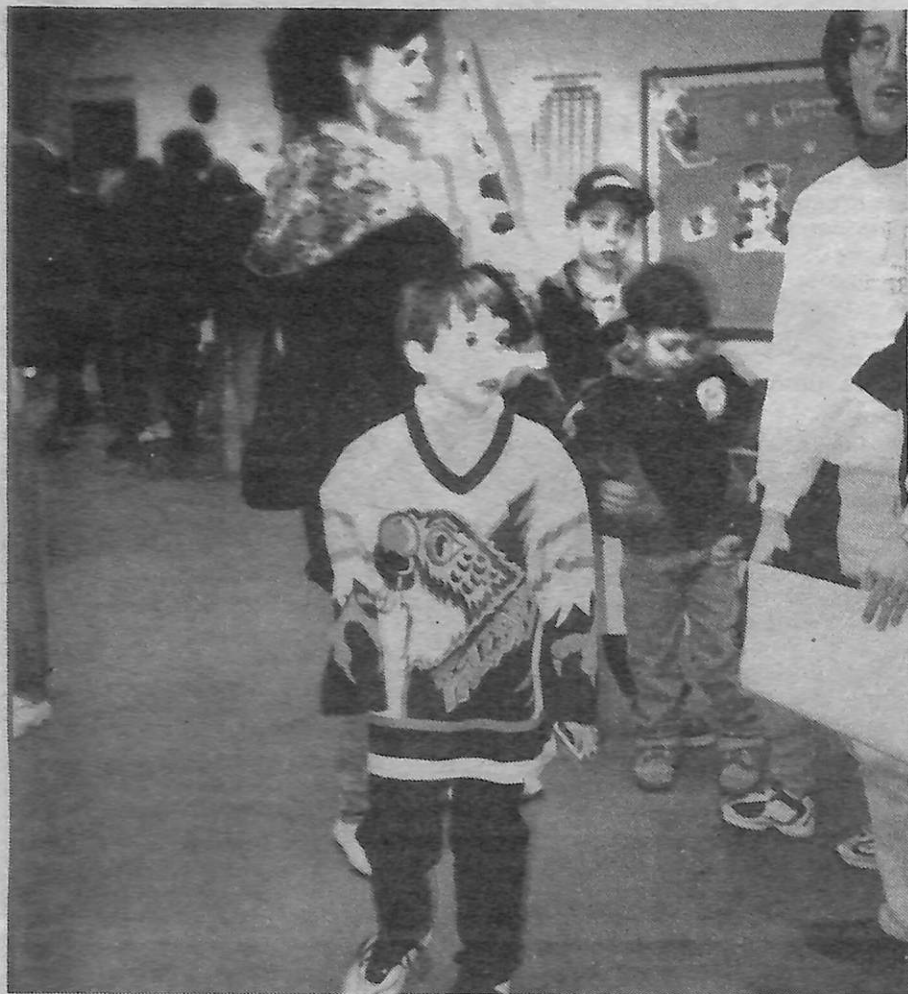
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Spotlight On Business - continued...

Spfld. Falcons Meet Fitness First Members & Friends...



THIS YOUNG FALCONS FAN was one of the approximately 200 hockey enthusiasts who received autographs at Fitness First. A great time was had by all, as sticks, jerseys, team posters, photographs, and any memorabilia that the fans brought in were signed by the Falcons. What's more, they posed for pictures with those fans who requested snapshots. This event was arranged with Fitness First because Fitness First is the Falcons' official off-ice training facility.



THE SPRINGFIELD FALCONS HOCKEY TEAM recently visited Fitness First in Feeding Hills to meet fans and sign autographs. The entire team, trainers, and Coach Farrish turned out for two hours to greet approximately 200 fans (young and old alike).

Winter Special 2000!

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- Every Monday and Thursday, bring in a roll to be developed and receive a **second set of prints** or a **roll of film** for \$1.00 (1-hour service, color only!).
- Tuesday brings **buy one, get one free** on color enlargements from same 35mm negative (5x7, 8x10, 8x12, 11x14/glossy only).
- Wednesday — you **buy one, get one free** on 3x5 or 4x6 reprints from the same 35mm or 110mm negative (color, glossy paper only!).
- Friday — bring in a roll of film to be processed (color 35mm, 110mm) and receive **\$1 off 12 exp., \$2 off 24 exp., \$3 off 36 exp.** (not to be combined with any offers or coupons / 1-hr. service only).

Offer Ends March 19th!



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Spotlight On Business - continued...**Dee Emery-Ferrero
Is Account Exec. For
WOMEN'S TIMES**

Dee Emery-Ferrero has been hired by THE WOMEN'S TIMES publications as an Account Executive for the new Pioneer Valley edition.

Ms. Ferrero will be responsible for advertising sales and promotional work to expand awareness of the exclusive women's monthly.

Ms. Ferrero holds a degree in communications and management and has worked in both print and radio media. She is President of the Greater Springfield Business and Professional Women's Club, and a member of the Springfield Chamber of Commerce, The Women's Partnership, WBOA, and the Agawam Junior Women's Club.

She resides in Agawam with her husband, Michael.

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

**Gary S. Faber Is
Comm'l Loan Officer
At Hampden Savings**

HSBusiness, the business banking department of Hampden Savings Bank, has expanded again.

Glenn S. Welch, Senior Vice President and Division Executive of HSBusiness, recently announced the appointment of Gary S. Faber as Commercial Loan Officer. "Gary has a demonstrated ability to create successful relationships with customers," noted Mr. Welch.

"With over 14 years in the business, he also has a depth of experience that is unique in this marketplace. Both attributes will serve our department's expansion goals well."

Mr. Faber has extensive business banking experience having served as a Credit Officer and Commercial Credit Analyst for two other local banks. He is a graduate of American International College, where he holds a BBA with a concentration in Finance. Mr. Faber resides in Palmer.

Founded in 1852, Hampden Savings Bank offers comprehensive banking and financial services to businesses, families, and individual customers throughout Western Massachusetts. With assets currently estimated in excess of \$240 million, it remains the only independently operated bank headquartered in Springfield.



GARY S. FABER

**Barry Boccasile
Vice-President**
Keenan & Molta, Inc.


I would like to personally thank the residents of Agawam/Feeding Hills for helping to make our Regional West office (in Agawam) the number one Real Estate office on the west side of the Connecticut River in 1999.*

If you are in need of a quality Real Estate professional, please feel free to call me anytime and I will connect you with the associate that will best suit your Real Estate needs.

**Thank you again,
Barry Boccasile
VM No. 747-4980**

* Greater Springfield Association of Realtors

**community
programs****Classes:****CPR Course (American Heart Association Adult, Child, & Infant Certification):**

Wednesday, April 19 & 26, 6:30 - 9:00 p.m., Education Department/Ground Floor. Must attend both sessions, \$45.00. For more information, call Noble Hospital Education CPR Line at (413) 572-5172.

"Forgetting Cigarettes":

2-part smoking cessation program that uses hypnosis to eliminate your desire for smoking and allows you to forget cigarettes. Sunday, March 19 & 26, 7:00 - 8:30 p.m., Bronson Music Room. Must attend both sessions, \$40.00.

FREE Lectures:**Crohn's and Colitis Support Group:**

Tuesday, March 21st, 7:00 p.m., 2:00 p.m., Conference Room A, Noble Hospital.

Cosmetic and Plastic Surgery:

Tuesday, March 21 & April 18, 6:30 - 7:30 p.m., Conference Room B, Noble Hospital. Are you considering body contouring surgery, facial surgery, or skin care procedures? Learn more about these procedures and observe a chemical peel demonstration. Complimentary personal consultation available by Gary Russolillo, M.D. Seating is limited, pre-registration is required.

The Large and Small of Colon Health:

Thursday, March 23, 2:00 p.m. at Crane Auditorium, The American Inn, Route 202, Southwick. Diane Lockhart, M.D., a general surgeon at Noble Hospital, will talk about life style choices that keep your colon healthy; common problems that occur in the colon (large intestine) and a discussion of how they are treated. Tour The American Inn after the program.

Menopause:

Wednesday, April 5 at 6:00 p.m., Conference Room A. Richard Good, M.D., an obstetrician-gynecologist with offices at Noble Hospital, will speak about menopause and maintaining good health. Seating is limited, pre-registration is recommended.

16th Annual Noble Hospital Run for a Noble Cause:

Saturday, April 29th, 5K Road Race at 9:00 a.m., and Kids Race at 9:45 a.m.

Call for registration form. Programs are held at Noble Hospital and free of charge unless otherwise indicated.

Call Noble Hospital's Health Beat at (413) 568-2328 for more information or to register.



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Quality Care Close To Home
115 West Silver Street, Westfield, MA

Affiliated with University of Massachusetts Medical Center

Spotlight On Business - continued...

Agawam Chamber Of Commerce News

Izzy Gesell To Speak At Agawam's Annual Breakfast

Well-known humorist and self-proclaimed Head Honcho at Wide Angle Humor, Izzy Gesell will be the featured speaker at Agawam Chamber of Commerce Annual Breakfast on Wednesday, April 12th at Oak Ridge Country Club.

Tickets, \$12, are available by calling Laurie Brunelle at 755-1313. The breakfast is sponsored by Six Flags theme park.

Tami Nelson, chair of the Program Committee, shared that they are very lucky to have Izzy make a return appearance at an Agawam Chamber event. Three years ago, Gesell had the business members laughing out loud as he challenged them to use humor to manage stress. Gesell is originally from Brooklyn, New York, where he says a sense of humor is a survival skill. His clients include NASA, Hewlett-Packard, the IRS, HBO, Lucent Technologies, and others.

Agawam Chamber Tours Berkshire Power

A delegation from the Agawam Chamber braved cold weather for a spotlight tour of Berkshire Power, LLC. Frank Basile, general manager of the Moylan Lane facility, walked the hard-hat group in and around the combined cycle power plant tracking the efficient energy generation, reheat, and



FRANK BASILE (far right), general manager of Berkshire Power, with members of the Agawam Chamber of Commerce who recently toured the power plant on Moylan Lane.

heat recovery process.

Berkshire Power is a Merchant Power Plant which broke ground in January 1998. The state-of-the-art facility utilizes a natural gas-fired combined cycle technology. Being a merchant plant, there are no pre-arranged power sales agreements and, significantly, no capacity payments.

The plant is engineered to be efficient and environmentally friendly at its base load rating, but

competitive and highly flexible throughout the entire operating load range.

The Agawam Chamber schedules "Spotlight on Business" tours every month to introduce Chamber members and town officials to a better understanding of the needs of the local businesses. For more information, call the Chamber at 755-1307.

"SPOTLIGHT ON BUSINESS" is just one more reason why you turn the pages of The Agawam Advertiser News...

* * * * *

Leukemia Society Fundraiser

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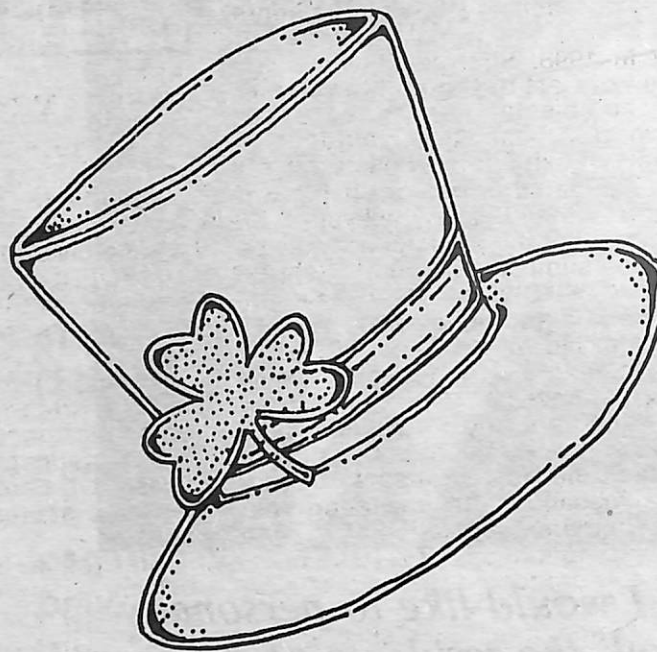
DON'T MISS IT!



Date: Tuesday, March 28th

Time: 11:00 A.M. Until 8:00 P.M.

Place: Law Office Of Cecilia P. Calabrese
850 Springfield Street, Suite 1
Feeding Hills, MA
789-7654



**Don't depend on luck
to keep you healthy-
feel great with chiropractic!**



Dr. Tami Nelson
Hampden County Chiropractic
850 Springfield Street
Feeding Hills, MA 01030
786-4820

Spotlight On Business - continued...

From March 21st Through March 26th...

It's "Back To Basics" At HOME SHOW 2000

The 47th edition of New England's largest home show returns Tuesday, March 21st, through Sunday, March 26th, as the "Original" Western Massachusetts Home Show kicks off the home building and remodeling season with **HOME SHOW 2000** at the Eastern States Exposition in West Springfield, MA.

The Western Massachusetts Home Show will welcome approximately 100,000 anticipated visitors from the Northeast to view hundreds of exhibits representing the finest and latest products, services, and ideas for home building and living.

Coinciding with the start of spring, **HOME SHOW 2000** is the area's first and biggest consumer showcase for the home, for new home construction, and for renovation. The theme of **HOME SHOW 2000** is "Back To Basics," reflecting both the traditional values and emphasis on quality home building that this area is known for.

New England's largest and longest-running home expo will gather the finest builders, craftsmen, and artisans, as well as the newest products, materials, and services for the home and garden. More than 400 exhibitors will greet the public in three buildings and an open-air exhibit area, covering nearly seven acres.

Included among these exhibitors will be the area's leading construction and craft professionals, home decorating and furnishing experts, outdoor and landscape professionals, and real estate and lending representatives.

Every day of the show, visitors will see and sample the delicious fare of the Home Show Kitchen, featuring top chefs, cooking authorities, and culinary students from throughout Western Massachusetts. A recipe book of the foods prepared during the Home Show will be sold at the Home Show Kitchen to benefit the construction of local handicap access projects. Door prizes will include restaurant gift certificates.

Fine art through the eyes of children and the exquisite works of their teachers are the ingredients for Artscape, an exhibit which first premiered at the home show in 1998. Showgoers will enjoy demonstrations of art-in-the-making amid beautiful music and objects.

In "Home Town, USA," the show's outdoor exhibit area, a variety of exhibitors whose products and services are dedicated to outdoor living will display their vision of the "Dream Backyard." Be sure to visit and see what the participants may be "cooking up" for the summer season — literally!

Nearby, the **HOME SHOW 2000 Yard Sale** will offer building materials and supplies on a cash-and-carry basis. A brand new idea for 2000, the Yard Sale will be selling a large number of new building supplies that have been donated by area lumberyards, home centers, and other businesses (such as windows, millwork, flooring, and doors). Proceeds will benefit the Home Builders Foundation of Western Massachusetts, the charitable arm of the Home Builders Association.

Water landscaping continues to play an important part in home and garden design, and several displays at **HOME SHOW 2000** will incorporate waterscapes. In addition, a feature display in the Better Living Center will combine an elegant living and dining room with a lush waterscape containing a waterfall.

The Home Builders Association will offer its **2000 Consumers' Guide to the Home Building and Remodeling Industry** at the Association's booth in the Young Building. This free booklet is packed with helpful information and articles, including a reference list of the members of the Home Builders Association of Western Massachusetts.

See our "HOME SHOW 2000" ad on Page 9...



Timely Tips On How To Manage Your Finances

by Sue & Charlie Alvanos
Personal Financial Advisors
American Express
534-3883

Consider Sheltering More Retirement Dollars With Variable Annuities...

Are you taking advantage of your 401(k) and/or IRA, but are concerned that you're not investing enough for retirement? Then it may be time to consider a variable annuity.

A variable annuity allows you to invest after-tax money, which grows tax-deferred until you withdraw the money in retirement. (Withdrawals made prior to age 59½ may be subject to a 10-percent IRS penalty.) However, unlike 401(k)s and IRAs, non-qualified variable annuities have no limits on how much you can contribute each year and do not require that you start tapping your money at age 70½.

Variable annuities have two phases, deferral and income. During the deferral phase, you generally can invest as much as you want, and any earnings from your investment compounds tax-deferred. When it is time to draw income, you will be taxed at your income tax rate on those earnings you withdraw.

Wide choice of investment and payout options. Variable annuities typically offer a wide choice of investments with a combination of assets and investment styles. Variable annuities provide the advantage of investment diversification, asset allocation, professional management, and fund-transfer privileges. You can transfer among investments (often among several different fund families) all within one account, with no current

tax implications.

Variable annuities offer more income options than other investment products. You can receive a partial, systematic, or lump-sum withdrawal, or you can choose from a range of payment plans, including payments guaranteed to last for the rest of your life, the joint lives of you and your spouse, or a specified number of years. If you choose a specific period of time, called a term certain, and you die before receiving any benefits, your beneficiaries will receive the market value of your account.

Because you are not required to start taking withdrawals at age 70½, your variable annuity investments may have a longer opportunity to grow tax-deferred. Conversely, if you want to tap your money before age 59½, many variable plans will allow you to do so, but you'd have to pay a 10-percent IRS penalty.

The tax-deferral difference. It's over the long term that tax deferral may make a big difference in the size of your nest egg at retirement. In a taxable account, all dividends, interest, and realized gains on your investments are taxable in the year received. And if you sell or transfer investments, you'll have to pay capital gains tax on the security's appreciation. Year after year, these taxes chip away at your investment results.

In a variable annuity, all of your principal and earnings continue to work for you. To get an idea of how much more you'd have by deferring taxes, work with a knowledgeable financial advisor, who can run several "what if" scenarios for you.

Before you invest in a variable annuity, consider your time frame and financial goals. If you haven't yet contributed appropriately to your IRA and/or company retirement plan, you should probably do that first. Because many variable annuities have surrender fees and other restrictions on early withdrawals, consider them only as long-term investments. But for people who want to go beyond IRA and company plan limitations in funding their retirement, variable annuities may be a smart choice.

Classified ads in the Advertiser News cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 14 Southwick Street (in the Crossroads Shoppes), Feeding Hills, or mail them (with payment) to P.O. Box 263, Feeding Hills, MA 01030.

Pam Savioli

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Who Are Freddie Mac, Fannie Mae, and Ginny Mae???

Freddie Mac and Fannie Mae are publicly traded corporations chartered by Congress to increase the supply of funds that mortgage lenders — such as commercial banks, mortgage bankers, savings institution, and credit unions — can make available to home buyers and multifamily investors.

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Ginnie Mae is a government agency within the U.S. Department of Housing and Urban Development created by Congress to ensure adequate funds exclusively for government loans insured by the Federal Housing Administration and guaranteed by the Department of Veterans' Affairs and Veterans' Administration.

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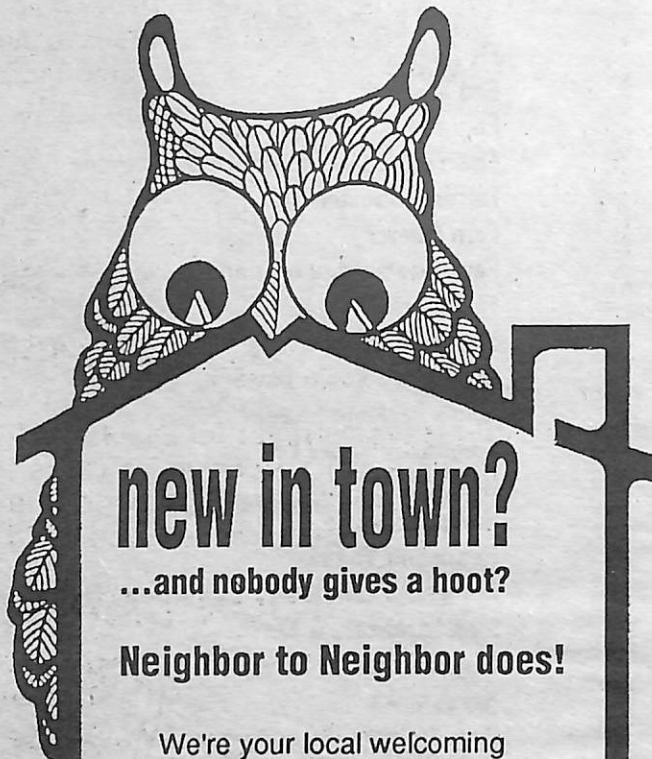
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A Huge & Sincere Note of Gratitude...



Thank you to all the individuals, staff, and companies for all your time, energy, and money in helping us reach our goal of \$25,000 for the Children's Miracle Network.

Not only did we reach our goal this year but we exceeded it by 11,000 bringing our grand total this year to over

\$36,000

and growing!

None of that would have been possible without everyone's help.

On behalf of the Children's Miracle Network at Baystate Medical Center, Fitness First, and Jack King's family, we thank you from the bottom of our heart. Your donations will help many children live healthier lives.

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***There are more pledges coming in every day. We will acknowledge those people in next week's issue!*



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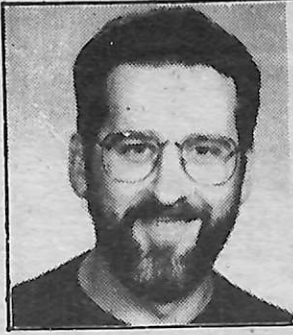
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For Your Health



"Let's Talk About It"

by Dan Pender
Marriage &
Family Therapist
P.O. Box 449
Agawam, MA 01001
(413) 789-4460

How Good Can You Have It?

This was one of those rare weeks where I received no feedback at all from a previous week's column. Does this mean everybody doesn't want to talk about sex-uality? Or is intimacy worth staying as far away from as possible? Especially if the topic is integrating intimacy and sex-uality? I agree! I don't think so either.

What I do know and honor is that intimacy and sexuality is an important issue that can be very difficult to talk about. This can be especially true if healthy expressions of intimacy in your life were and/or are hard to find. For those who have experienced sexual abuse and/or any other form of abuse, addiction(s), physical illness or disability, mental illness, etc., the challenges and limitations to intimacy may even be greater.

For instance, does having experienced (sexual) abuse mean de facto, I am incapable of in-depth intimacy today? Or, if your history contains learning about intimacy free from abuse, does that mean you are better able to be in healthy relationships?

I don't view the human condition from a deficit model. I encourage growth into the "best" of who people are. I support people to relate as deeply as possible to the "best" in themselves so as to be best able to offer who they are in relationship to another.

This is risky business! Human behavior can be seen as occurring within a range between *low* to *high* levels of differentiation (Dr. Murray Bowen's Family Systems Theory). As we consider the notion of developing *in-depth intimacy and care for self*, for many of us we operate from a relatively low level of differentiation. This can mean, for instance, that we need to gain a sense of self (directly stated) by taking it away from the other and/or looking for the other to tell/give us who we are (a reflected sense of self).

In contrast, in my opinion, the more difficult and frightening growth model is to seek self-validation which offers higher potential for intimacy (more on this in the coming weeks).

Ask yourself these questions: Can I soothe myself when I get anxious? Am I able to tolerate and manage my anxiety rather than consistently trying to reduce the anxiety around me? When having sex with your partner (or yourself), are you able to "look into" his/her eyes, not just at their eyes, but into them? And who do you see? Is the first person you see — **you** from which you proceed?

Intimacy with self and care for a "whole person view of sexuality" is hard work! It is not done in isolation, rather it is best done in connection to others, yet separate from them. A true test of growth is not just how you view yourself in isolation from others. I believe the real test is how you can or can not maintain your "self" while in relationship with important others.

Most of us will spend a lifetime trying to get this thing called "relationship" right. How you honor and respect yourself, in my opinion, will go a long way toward how you can offer real in-depth intimacy to another.

How good could life be if we lived into the kind of intimacy that respects self and other, offers real choice to your partner to be separate from you while in connection, trust the other from the foundation that you trust yourself? Where intimacy is so vital to your life that managing anxiety takes on a new meaning. Anxiety management is no longer about reduction but healthy tolerance (management).

How good can you stand intimacy to become before you have to begin either trying to reduce the other person's anxiety and/or having to turn away from yourself and/or your partner? For example, do you usually have to close your eyes and begin thinking about anything or anyone else other than who is there in the moment to help achieve orgasm?

If you'd like to take the risk of being a little playful while checking into how difficult it is having something so good as real in-depth intimacy in your life, try this: keep your eyes open as long and as often as you can tolerate while having sex with your partner and/or with yourself. Then simply ask these questions: **Is This As Good As It Gets? And How Good Can I Have It?**

The complexity of Tolerating Goodness.

Please contact me with what you've come up with. As always, if I reprint any or all of your material, I will *not* publish your name *unless* you specifically give me permission to do so.

I can be reached by e-mail (AOL screen name: dpmft449) or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460.



Fitness Tips...

by
Carmela Kirk, R.N.
Fitness Director
Fitness First

Just Stick It...

If you know gymnastics, you know what I mean by this title. For everyone else, forgive me for getting your attention this way.

This simply refers to the solid nature in which our gymnastics moves should be completed. Feet planted firmly on the ground, body straight, all muscles contracted, and arms reaching up and slightly out. Stuck, without a waver or even the idea of a falter.

I thought about this because so many times we get off track, we waver and lose our footing. When it comes to exercise, you can't teeter; it doesn't work if you're not going to stick it. You need to start strong and clear with good direction and know that at the end it will stick like glue.

A lot of things make you lose balance. There are thousands of outside influences in your daily life. First, you need to take responsibility for your workouts. YOU decide when, where, how much, and how often. YOU make the choices you need to make to stick the move you started.

Sometimes you need to be assertive, sometimes you need to back off. Taking responsibility means it's not the kids that made you miss your workout; you decided to change priorities for now and work out later.

Keep in mind you want to do this. No one is forcing you to exercise (I hope). Remembering this helps, especially at first. At first, it's not so much fun. You need to get over the little soreness that comes in spots you didn't know you had.

You need to build a good, strong aerobic base before you can work hard and get that wonderful, relaxed feeling that comes with a strong cardio workout. You need to build up to enjoying the time you've chosen to take care of yourself. This takes commitment and focused energy. The fun will come and then it gets a lot easier.

So finish what you started and plant those feet firmly down. We all waver at first. We are human, which means we will falter and make mistakes, but that's why we practice sooooo much.

When you stop wavering and you do stick it, reach those arms up and rise up to newer challenges that you never even thought possible.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

Noble Hospital and The American Inn
at Sawmill Park
invite you to attend

"The Large and Small of Colon Health"

Lecture by Diane Lockhart, MD
2:00 p.m. Thursday, March 23, 2000
Crane Building Auditorium
The American Inn at Sawmill Park
Route 202, Southwick

Dr. Lockhart is a general surgeon at Noble Hospital. She will talk about life style choices that keep your colon healthy; common problems that occur in the colon (large intestine) and a discussion of how they are treated. Program is free of charge and open to the public. Call HEALTH BEAT at (413) 568-2328 to register and for directions. Refreshments provided. Tour The American Inn after the program.



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For Your Health - continued...



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by
Dr. Tami Nelson
Chiropractic
Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

TMJ Syndrome...

The temporomandibular joint or TMJ is the joint between the jaw and skull. TMJ syndrome can cause pain, headaches (usually in the temples or back of the head), neck pain, or even in the back, shoulder, or face. Patients may be unable to open or completely close their jaws; movement of the jaw may be uneven, with a listing to one side or the other.

Occasionally, the patient will be present with the jaw locked in one position. A clicking or grating sound may accompany jaw movement, and chewing, speaking, or yawning may cause mild discomfort or excruciating pain (depending on the severity of the disorder). Patients may experience pain or ringing in the ears, or possibly a diminished sense of hearing, pain in the teeth, blurred vision, light sensitivity, or pain behind the eyes.

According to the American Dental Association, approximately 60-million people are affected by TMJ syndrome. Trauma is a big cause of TMJ disorders. Trauma can be the result of a direct injury to the jaw, an auto accident, sporting injury, or blow to the face or neck.

In recent years, airbags have increased TMJ injury. Indirect injuries (for example, a fall that jars the pelvis) may ultimately result in TMJ problems. Misalignment in the pelvis can cause the rest of the spine — low-back, mid-back, neck, skull, and jaw — to compensate and misalign that area, also.

Besides trauma, overuse can cause damage to the TMJ. Gum-chewing, or chewing on only one side, can affect the joint. Tension is also a problem. Grinding the teeth due to muscle tightness and tension creates abnormal stress.

Treatment depends on the cause of the disorder. Treatment often includes moist heat, trigger point therapy, exercises, and manipulative therapy.

If you are suffering with TMJ syndrome, contact our office today! Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

For the best in local goods and services, check our classified ads in each edition...

* * *

From Sen. Linda Melconian...

Senate Approves
Diabetes Cost
Reduction Act

Senate Majority Leader Linda J. Melconian (D-Springfield) announced recently that the Senate has approved the Diabetes Cost Reduction Act, legislation that would mandate insurance coverage of preventative care for diabetics.

"By mandating preventative care for diabetes, we can ease the suffering of hundreds of thousands of diabetes sufferers and save the Commonwealth money," said Melconian. "Every other state in New England already acquired that insurers provide comprehensive coverage for diabetics, and with the passage of this legislation, Massachusetts will soon join with them."

Diabetes affects nearly 400,000 people in Massachusetts. The disease's impact can be greatly diminished through proper preventive care — by maintaining a proper diet, monitoring blood sugar levels, and taking any necessary medications. However, many diabetics lack proper training in managing their illness and encounter difficulties with purchasing supplies and equipment that they need.

The Diabetes Cost Reduction Act would require health insurance plans subject to state insurance mandates to provide coverage for supplies, equipment, education, and training for diabetes to manage their illness and avoid costly and disabling conditions, and even death.

"Keeping healthy people from getting sick is the most effective form of healthcare both for the individual and for the insurer," said Melconian. "Encouraging preventative medicine has always been one of the cornerstones of my healthcare policy."

The bill now goes to the House of Representatives for consideration.


Bereavement Support
Group At Mercy Hosp.

Persons who have experienced the death of a partner are invited to attend the next meeting of Mercy Hospital's bereavement support group, Saturday, March 18th.

The "Being Alone" group will meet from 10:00 a.m.-12:00 noon, in the hospital's Deliso Conference Center, 299 Carew St.

Sr. Madeleine Joy, S.P., of Mercy's Pastoral Care Department, facilitates the free meetings, which focus on issues of grief, mourning, and recovery.

Registration is required; for more information, call (413) 748-9453.



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for
Thought**
by Nancy Dell
Registered Dietician

"Soy For A Healthy Heart"

Twenty-five years ago, only nutritionists and people who were "earth shoes" ate tofu and drank soy milk. Now soy is sliding into mainstream diets.

The Food and Drug Administration (FDA) began allowing food products containing soy protein to carry a label promoting the heart-health benefits of soy. According to an FDA statement, the approval "is based on evidence that soy protein in a diet low in saturated fat and cholesterol may...help to reduce the risk of [heart disease]."

The new health claim permits food containing at least 6.25 grams of soy protein per serving to include information on soy's role in reducing risk of heart disease on their labels.

The amount of soy protein required in each serving is one-quarter what is considered to be the effective amount of 25 grams per day. Because soy protein can be found in or added to a variety of foods, it is possible for consumers to eat foods containing soy protein at all three meals and for snacks.

Food eligible for the new labels include soy beverages, tofu, soy-based meat alternatives, soy protein powders, and many others. Most foods that carry the health claim must also meet labeling requirements for low-fat, low-saturated fat, and low-cholesterol foods. However, foods made with the entire soybean may carry the claim if they contain no added fat.

An example of the new label may state: "Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of (name of food) provides (XXX) grams of soy protein."

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association. She can be reached at 850 Springfield St., Suite 4, Feeding Hills, MA 01030; (413) 786-2957. Accepting Tufts, Secure Horizons, and Harvard Pilgrim.

ADVERTISER NEWS

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Agawam, MA 01001

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For Your Health - continued...

Support Groups, Programs, And Clinics Offered At Noble Hospital In Westfield

SUPPORT GROUPS

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

Stroke Support Group: Wednesday, March 22nd, 5:30 to 6:30 p.m. In the Bronson Rehabilitation Center Dining Room at Noble Hospital.

Free of charge and open to individuals recovering from a stroke and their spouses, caregivers, and other interested persons. Participants are encouraged to suggest topics for future meetings.

Call Barbara Boulanger, M.S.W., L.I.C.S.W., at 568-2811, ext. 5809.

Diabetes: Tuesday, March 28th, 12:30 to 3:00 p.m. In Conference Room A at Noble Hospital.

Free of charge and open to individuals who have diabetes and their support persons.

At this meeting, Tricia Porter (Cardiac Rehab Nurse) and Sara Lyons (Exercise Physiologist) will speak on "Diabetes and Heart Disease and Risk Factor Modification."

For more information, call Karen Ranen, M.S., R.N., C.D.E., at 572-5178.

Caregivers' Support Group: Wednesday, March 29th, 4:00 to 5:00 p.m. In the Bronson Music Room at Noble Hospital.

On the second and last Wednesdays of each month, Noble Visiting Nurse and Hospice Services offers this group for those who are caring for someone with a life-threatening illness.

"Living With Cancer" Program At Mercy Hospital On Mar. 27th

Strategies for preventing oral cancer will be the topic at Mercy Hospital's next Living With Cancer program, Monday, March 27th, 7:00 p.m. in the hospital's Deliso Conference Center, 299 Carew St.

Guest speaker Sadru Kabani, D.M.D., M.S., is professor and director of oral and maxillofacial pathology at Boston University's Goldman School of Dental Medicine. He has an extensive background in dental education and research, is a frequent lecturer, and an author published in numerous professional journals.

The monthly Living With Cancer series is co-sponsored by Mercy Hospital and the American Cancer Society, and centers on topics of interest to cancer patients, their families, and friends; all programs are free. For more information, call Sr. Madeleine Joy, S.P., (413) 748-9453.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serve communities in eastern states from Maine to Florida.

Hospice families, staff, and community members are invited to participate.

Call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services for more information at (413) 562-7049.

Crohn's and Colitis Support Group: Tuesday, March 21st, 7:00 to 8:00 p.m. In Conference Room A at Noble Hospital.

Free of charge and open to people with Crohn's or Colitis, their family members, and support persons.

For additional information, please call Noble Hospital's HEALTH BEAT at 568-2328.

PROGRAMS/COURSES/CLINICS

Noble Hospital and The American Inn at Sawmill Park invite you to attend "The Large and Small of Colon Health" (lecture by Diane Lockhart, M.D.): Thursday, March 23rd, 2:00 p.m. In the Crane Building Auditorium, The American Inn at Sawmill Park, Route 202, Southwick.

Dr. Lockhart is a general surgeon at Noble Hospital. She will talk about lifestyle choices that keep your colon healthy; common problems that occur in the colon (large intestine); and a discussion of how they are treated.

Program is free of charge and open to the public. Call HEALTHBEAT at 568-2328 to register and for directions.

Refreshments provided. Tour The American Inn after the program.

Cosmetic/Plastic Surgery with Dr. Gary Russolillo: Tuesday, March 21st, 6:30 to 7:30 p.m. In Conference Room B at Noble Hospital.

Gary Russolillo, M.D., will present a lecture about Body Contouring Surgeries, Lip Enhancements, Facial Surgeries, and Skin Care Procedures. Also included will be a live chemical peel demonstration.

The presentation will be followed by a complimentary personal consultation. Registration is free, and seating is limited.

Pre-registration is required. To register, call Noble Hospital's HEALTH BEAT at 568-2328.

Smoking Cessation Program - "Forgetting Cigarettes" with Joseph Barako, R.N., Certified Hypnotherapist: Sundays, March 19th and 26th, 7:00 to 8:30 p.m. In the Bronson Music Room at Noble Hospital.

This two-part program uses hypnosis to eliminate your desire for smoking and allows you to forget cigarettes forever. The registration fee for this program is \$40 and is paid the evening of the first session.

Seating is limited, and pre-registration is necessary. To pre-register or for more information, call Noble Hospital's HEALTH BEAT at 568-2328.

"For Your Health" is a regular feature of The Agawam Advertiser News and is just one more reason why you turn our pages each and every week...

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CANNY	PRIVTS	
PEROT	SOO	
LEAVE	IT	UPTO YOU
ARWE	RARE	MARTI
TIER	ARIL	ELLEN
SEES	MAST	REESE

ACROSS

- 1 Give permission
- 6 Clutch
- 10 Cross over
- 14 Aptly named author
- 15 Crazy inventor Gold-berg
- 16 Domesticate
- 17 French impression-ist
- 18 Actor Arkin
- 19 Pretty maids, all in
- 20 Gypsy jobs?
- 23 Complete
- 24 Welsh river
- 25 Playwright Noel
- 29 Find out
- 32 Like — of bricks
- 33 Used the oven
- 34 Veggie for soup of-ten
- 37 Tarot
- 41 Part of N.E.T.&T.
- 42 Like an otary
- 43 The top
- 44 Latin mama
- 45 Sea rays
- 47 Eternally
- 49 Dawn goddess
- 50 Do card tricks
- 57 Malay apes
- 58 Crowd sound
- 59 Act the ham
- 61 Serf of yore
- 62 What a gambler needs
- 63 Severity
- 64 An action
- 65 Flue soil
- 66 Connery and Penn
- DOWN
- 1 Law has long one

2 Fall faller

- 3 Jay of T.V.
- 4 German border river
- 5 More soaked
- 6 Type of piano
- 7 One is golden?
- 8 Blind as —
- 9 Well (Fr.)
- 10 He followed Lenin
- 11 Kitchen tool
- 12 Love in Roma
- 13 T.V. fare at 6:00
- 21 And (Ger.)
- 22 Animal fats
- 25 Throw out
- 26 Sioux
- 27 Sweater material
- 28 Pismire
- 29 Hen
- 30 — out (made do)
- 31 Air (prefix)
- 33 Naked
- 34 Agreement
- 35 Writer Bombeck
- 36 Summer drinks
- 38 The — of the matter
- 39 Posed
- 40 Half a French dance
- 44 All — up (sloppy)
- 45 Me to Miss Piggy
- 46 Fall bloomers
- 47 Expunge
- 48 Nemo's creator
- 49 Plumed wader
- 50 Begged in a way
- 51 Angers
- 52 Truly dumb bird
- 53 Shakespearean vil-lain
- 54 French friend
- 55 Forum wear
- 56 Bond's school
- 60 Words of hesitation

Agawam Library To Hold Book Discussion On "Turnip Blues"

The Agawam Public Library will be holding a book discussion of Helen Campbell's *Turnip Blues* on Monday, March 27th. Participants may sign up for the 1:00 to 3:00 p.m. session, or the 7:00 to 9:00 p.m. session.

In the book, Mrs. Kuzo and Mrs. Lemak, two 75 year-old women, drive across Pennsylvania to visit the grave of legendary blues singer Bessie Smith. Mrs. Kuzo ponders her life's story growing up in a dysfunctional family in Depression-era Pitts-burgh. At the end of the journey, Mrs. Kuzo learns a new truth about her life.

Copies of the book and questions are available in the library. Space is limited. Please register in person at 750 Cooper Street, Agawam, or call 789-1550.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice...

* * *

Meet The Master - by Dick Mastroianni...

1	2	3	4	5	6	7	8	9	10	11	12	13
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New Musical Review By STAGE's Teen Theatre Ensemble

Have you ever seen a photograph or painting and have a song pop into your head? That's the idea behind a new musical review to be presented by STAGE's Teen Theatre Ensemble at The Red Door Theatre.

The audience is transported to the opening of a new art museum, where great works of art are projected on an eight-foot screen and songs are performed that evoke that painting's theme or mood.

The 14-member cast of area young people dance and sing their way through this cultural journey that integrates the arts into an entertaining evening for all ages.

The cast includes Jodie Pfau and Chris de Jongh of Feeding Hills, Taryn Buckley of Westfield, Megan Banks of Granville, Nicole Pirog and Stacey Stewart of Chicopee, and Kristen Stenberg, Emily Wundt, and Jason Young of Southwick. From Connecticut comes Meghan Coates, Kristy Goulding, Tyler Pearsons, and Halden Smith of Suffield, and Alex Kane of Granby.

Conceived and directed by Margie Secora and Lyle Pearsons, the review will be presented Friday and Saturday, March 31st and April 1st, at 7:30 p.m., and Sunday, April 2nd, at 2:00 p.m. at The Red Door Theatre, 152 South Westfield Street, Feeding Hills, MA.

Tickets are \$7 for adults, and \$5 for seniors and children 12 and under. For reservations, call (413) 789-2026.

Auditions For Summer Youth Theatre Shows At Stanley Park

The "YOUTH THEATRE OF STANLEY PARK" in Westfield will be holding auditions for three different three-week programs this coming summer. Auditions for the following productions will be held at the Westfield Women's Club on Sunday, April 2nd, from 2:30 to 5:30 p.m., and on Tuesday, April 4th, from 6:30 to 9:00 p.m.

Please bring a short, prepared dialogue and/or musical piece of your choice for audition. An accompanist will be available.

Brave Leonard and the Amazing Marshmallow Rescue by Roy Drew, a children's theatre piece for grades four through six, will commence on Monday, July 17th, and end with two free performances for the public on Thursday, August 3rd, and Friday, August 4th, at 7:00 p.m.

Rehearsals will be held Monday through Friday from 9:30 a.m. to 12:30 p.m. (The program is free of charge to all participants chosen through audition.)

The Rainbow Boy, a light and funny musical which touches upon the issues of discrimination and is for grades seven through nine, will start on Monday, August 7th, and end with two free performances for the public on Thursday, August 24th, and Friday, August 25th, at 7:00 p.m.

Rehearsals will be held Monday through Friday from 9:30 a.m. to 12:30 p.m. (The program is free of charge to all participants chosen through audition.)

For teenagers in grades 10 through 12, they will have a chance to come together to write, produce, and perform their own theatrical pieces (which will combine dramatic and musical skills). All genres of music are welcome and encouraged. (The program is free of charge to all participants chosen through audition.)

This three-week program will commence on Monday, June 27th, and culminate with two free performances for the public on Thursday, July 13th, and Friday, July 21st, at 7:00 p.m. Rehearsals will be held Monday through Friday from 3:30 until 6:30 p.m.

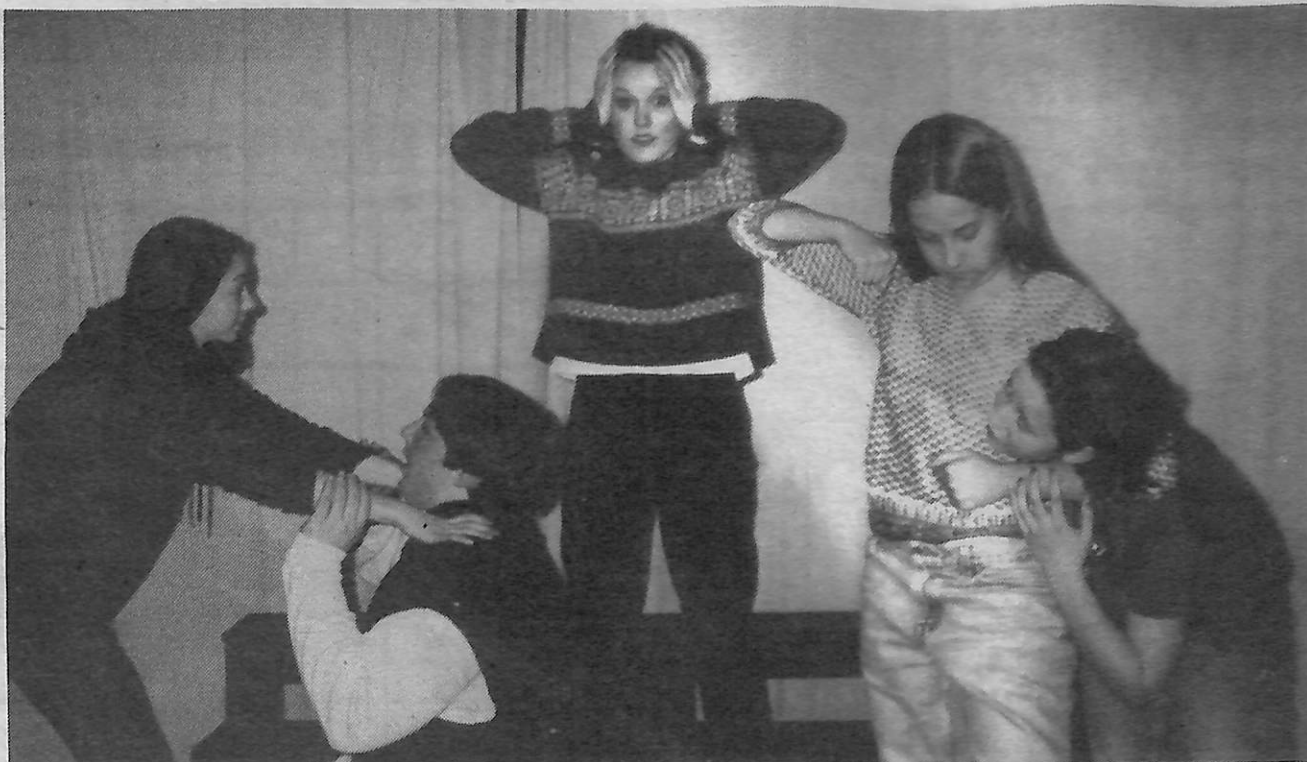
The program will be under the direction of Kahlil Reid, who has expertise as a musician, playwright, and theatrical director. He has worked extensively with teens in the arts, and most recently acted as an artist in residence with the Geneva School in Springfield, MA.

We are looking for teenagers who feel they can dedicate the time and effort to be part of an exciting and fun group project, since this is an intensive and professionally-oriented program.

The mission of these programs, sponsored by Stanley Park, is to provide (free of charge) creative and challenging theatre/music opportunities for our local and surrounding communities.

Those youths accepted into the programs should expect to have an intensive growth experience in the theatre arts. We shall emphasize the importance of group and ensemble cohesiveness, an openness and acceptance of diversity and the uniqueness of each child, and having a really good, exciting time.

Call Joan Robb at (413) 585-9459 between the hours of 9:00 a.m. and 8:00 p.m. for further information and/or audition time slots.



NEXT TO LOVING, THEY LIKE FIGHTING BEST — or so the song goes in STAGE's Teen Theatre Ensemble production of "Pictures At An Exhibition," a musical review to be presented on March 31st, April 1st, and April 2nd at The Red Door Theatre in Feeding Hills, MA. For further information and/or ticket reservations, call (413) 789-2026.

Springfield Symphony Orchestra To Perform Romantic Classical Music

The Springfield Symphony Orchestra's classical season continues on Saturday, March 25th, with "Franckly My Dear..." a program featuring two of the great romantic works of classical music, Chopin's Piano Concerto No. 1 and Cesar Franck's neglected masterpiece, Symphony in D minor.

Under the baton of the SSO's Choral Director/Staff Conductor, Steven Lipsitt, the concert will feature the Springfield debut of a brilliant young pianist, Michael Namirovsky, who was the recent winner of the Kosciuszko Foundation's Chopin Piano Competition.

The evening's concert begins with a contemporary piece written by Libby Larsen. Larsen composed "Overture for the End of a Century" as a piece commissioned by the Music Educators' National Conference.

The second half of the concert will be a performance of Symphony in D minor, by Cesar Franck. In 1899, the piece made its debut (orchestra members didn't wish to perform it, but their stubborn conductor reigned), and was met with critical derision. Franck was undaunted by the initial critical reaction and eventually his symphony received the acclaim it so deserved. Symphony Director Mark Russell Smith considers this work a

"neglected masterpiece."

As with all Springfield Symphony Orchestra classical concerts, Maestro Lipsitt will lead Classical Conversations, a pre-concert discussion at 7:00 p.m. at Symphony Hall in downtown Springfield. This informal and informative talk gives audience members an opportunity to learn about the evening's program and ask questions in a relaxed, casual setting.

"Be an Ear Witness" to another exciting concert on Saturday, March 25th, at 8:00 p.m. in Springfield's Symphony Hall. The evening's concert is sponsored by United Personnel Services, and the guest artist sponsor is the Kosciuszko Foundation. Additional support comes from the Business Friends of the Arts and from the Massachusetts Cultural Council.

Tickets are available from the Springfield Symphony Orchestra box office, 75 Market Place, downtown Springfield, or can be charged by phone (VISA, MasterCard, or Discover) by calling (413) 733-2291.

Ticket prices range from \$7 to \$37, and are half-price for youths ages four through 17. A 25-percent discount is available for groups of 10 or more.

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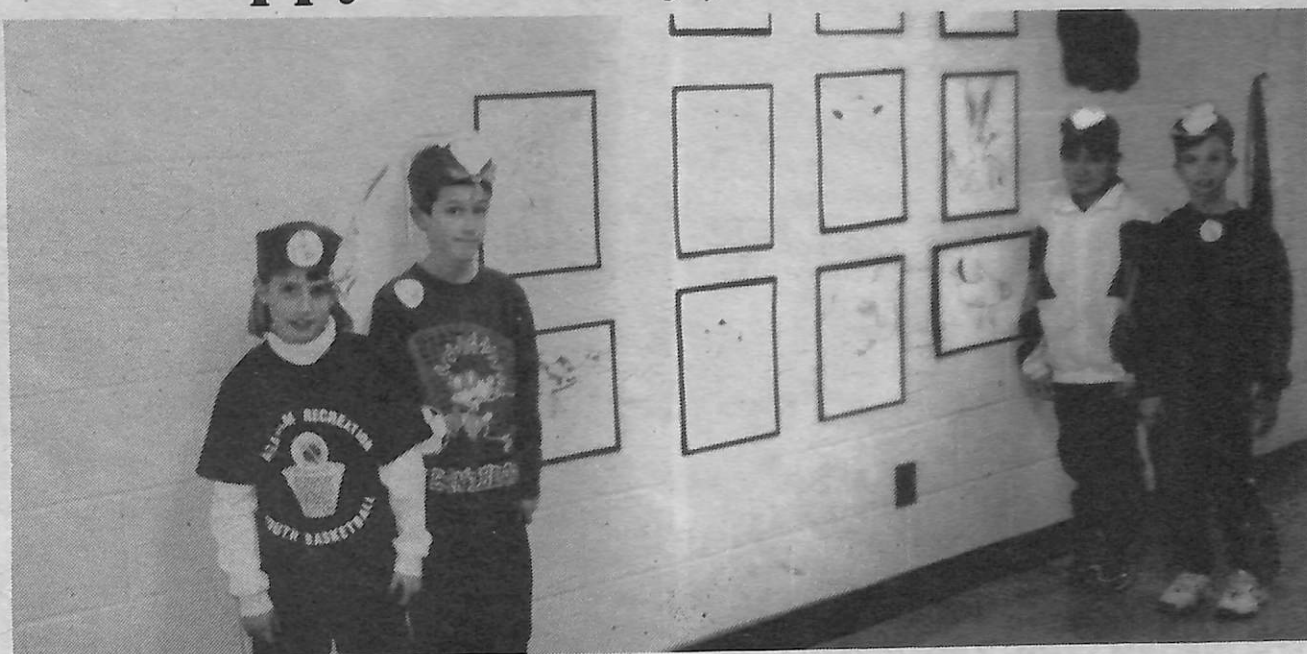


Education

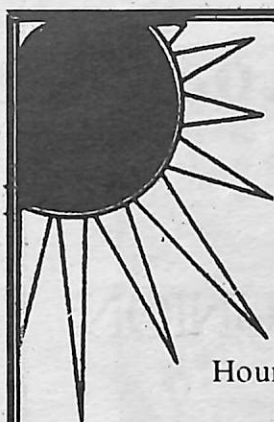
Agawam High School Guidance Bulletin

COLLEGE ACCEPTANCES: Congratulations!
Jessica Millot: Westfield State College.
Katie Pisano: Holyoke Community College.
Caitlin Weisgerber: University of Colorado, University of Massachusetts.
Carolyn Gomes: Johnson and Wales University, Quinnipiac University.
Tom Casiello: Bridgewater State College.
Julie Voos: Western New England College, Elms College.
Matt Taylor: University of Massachusetts.
Andrea Prova: Framingham State College, Fitchburg State College, Bridgewater State College.
Kerry St. Laurent: University of Massachusetts.
Carrie Fede: University of Massachusetts at Lowell.
Arthur von Marschall: Springfield Technical Community College.
Laura Reveruzzi: Assumption College.
Lynn Hopkins: University of Maine at Farmington.
Robert Cortes: Porter and Chester Institute.
Jason Bentley: Southeastern College of the Assemblies of God.
Wayne Bonesteel: Holyoke Community College.
Katie Waterman: American International College.
Matthew Poirier: Assumption College.
Amanda Tilden: Bay Path College, Holyoke Community College.
SENIORS: Please notify your counselor when you receive a college acceptance.
SCHOLARSHIPS: See your counselor for more information or an application.
American Legion Auxiliary Non-Traditional Student Scholarship: Open to members of the Auxiliary who have paid their dues for at least the last two years. The applicant must be a non-traditional student who has returned to the classroom after a period of time in which his/her education was interrupted. Deadline: April 1, 2000.
American Legion Auxiliary Scholarship: Open to children, stepchildren, grandchildren, step-grandchildren, great-grandchildren, or step-great-grandchildren or Veterans of Massachusetts. Deadline: April 1, 2000.
Agawam Women's Club Scholarship: A scholarship of \$300 will be awarded to a graduating high school senior who is entering an accredited school of study toward an undergraduate degree. Deadline: April 1, 2000.
Mass. Hockey Sportsmanship Award: Three \$1,000 scholarships will be awarded to current or former Massachusetts Youth Hockey players. The main selection criterion will be sportsmanship. Deadline: May 1, 2000.

“Happy Birthday, Dr. Seuss!!!”



STUDENTS AT CLARK SCHOOL recently participated in the nationwide celebration of the birthday of Theodore Geisel (a.k.a. Dr. Seuss). **IN TOP PHOTO:** Cori Geiger, Joey Wetmore, Amanda Arbelez, and Austin Bodzioch stand by “The Seuss Zoo” (drawings were done by Ben Shaker, son of teacher Nancy Shaker). **IN PHOTO BELOW:** In the Clark gym, pupils had fun enacting and reciting poems and tales by Dr. Seuss. Advertiser News photos by Kathy Shepard.



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IMAGE**

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**OUT OF DISTRICT STUDENTS SHOULD FILE LETTERS OF INTENT WITH
THEIR LOCAL SUPERINTENDENT'S OFFICE BEFORE APRIL 1, 2000.**

“Scholarship Night” Held At Agawam High School...



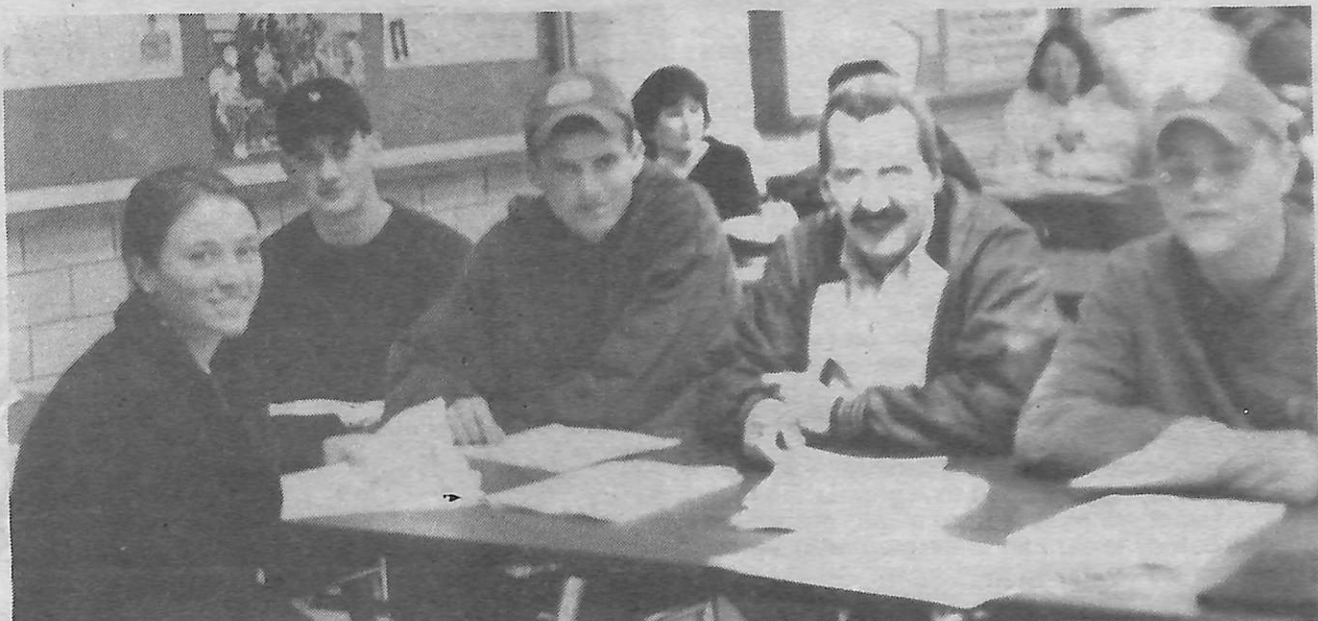
WITH INFORMATION ABOUT THE James Clark PTO Scholarship: Annmarie LaZazzera, Laura Kunkler, and PTO president Carla Chase. Advertiser News photo by Kathy Shepard.



ON WEDNESDAY, MARCH 1ST, the Annual “Scholarship Night” was held at Agawam High School. Representatives from area scholarship committees were on hand to answer questions and to hand out scholarship applications. IN THE PHOTO ABOVE: AHS students discuss the application for the Agawam Intercultural Programs (AFS) Jay Clark Memorial Scholarship with AFS faculty advisor Mary Ellen Bruce and Scholarship Committee member David Carpenter. Advertiser News photo by Kathy Shepard.



REPRESENTING THE John Higgins Memorial Scholarship (for students who played two years of any sport): Susan R. Higgins and Linda (Higgins) Hart. Advertiser News photo by Kathy Shepard.



FROM LEFT TO RIGHT: Lauren Kunkler, Brian Hayden (town soccer), Brad Theriaque (AHS varsity soccer player), Dave Shaw (Executive Board member of the Agawam Soccer Association), and Dominic Montessi (town soccer). Advertiser News photo by Kathy Shepard.



JOYCE GEIGER with the applications for the Agawam Women’s Club Scholarship. Advertiser News photo by Kathy Shepard.



MARY ROY AND ALICE OLSON with applications for the three scholarships offered by the Agawam Lions Club. Advertiser News photo by Kathy Shepard.

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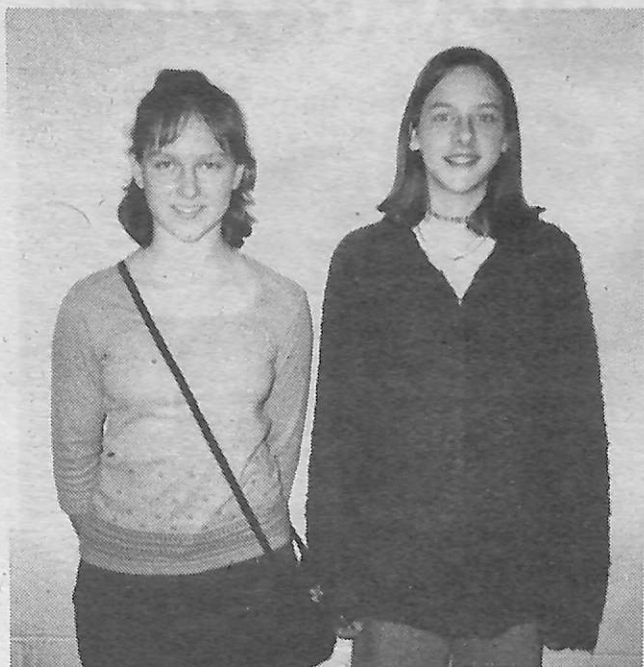
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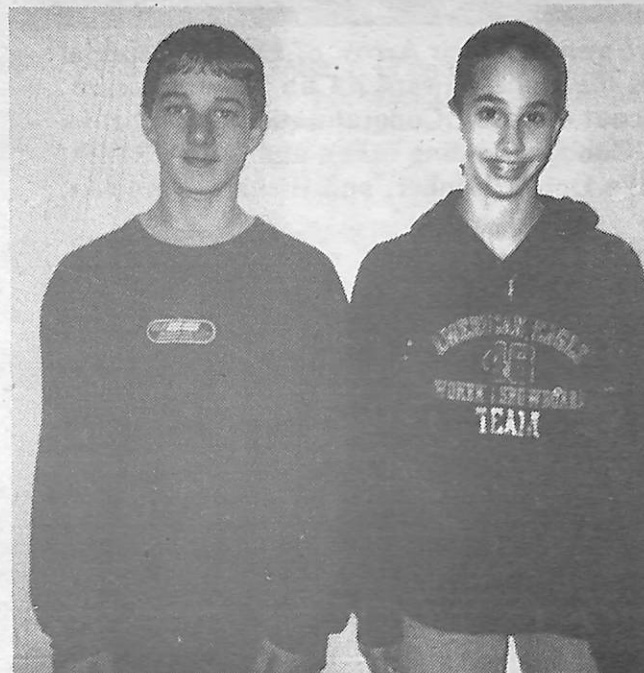
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Thurs. - Fri. 9-5

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Noted Jr. High Phys. Ed. & Art Students



IN LEFT PHOTO: seventh-grader Jenn Clark and eighth-grader Kendall Hill were recently commended as "Art Students of the Month" at Agawam Junior High School. IN RIGHT PHOTO: Eighth-graders Paul Surowiec and Meghan Ennis have been named "Physical Education Students of the Month" at the Junior High. Advertiser News photos by Joan Lussier.



SEVENTH-GRADE "Physical Education Students of the Month" at Agawam Junior High School: Peter Stellato and Elise Davilli. Advertiser News photo by Joan Lussier.

AFS Students To Speak At Junior Women's Club Mtg.

The Agawam Junior Women's Club's March meeting will feature guest speakers of AFS students. The meeting will be on March 21st at 7:30 p.m., at the Captain Leonard House on Main Street.

The students will share stories and information of their countries and all are welcome to attend. The Club's activities enrich the quality of life in our community through a variety of educational, social, and cultural projects and programs. Come to have fun, meet new friends, and get involved.

For more information, call Theresa Conklin at 786-6515. The Club meets the third Tuesday of every month at the Leonard House.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs, Junior Membership.

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Best local news...

Agawam Schools' Weekly Lunch Menu

Monday, March 20th: Oven-baked pizza with pepperoni topping, tossed garden salad with spinach greens and dressing, chilled pears in syrup, milk.

Tuesday, March 21st: Hamburg in roll, potato puffs with catsup, seasoned green beans, chilled fruit cup or raspberry Jello with topping, milk.

Wednesday, March 22nd: Rotini with meat sauce, creamy cole slaw, Italian bread and butter, apple crisp, milk.

Thursday, March 23rd: Oven-baked chicken nuggets, honey or dipping sauce, bread and butter, oven potato rounds with catsup, seasoned carrots, mixed fruit cup or orange Jello with topping, milk.

Friday, March 24th: Meatballs with brown gravy, whipped potatoes, niblet corn, bread and butter, chocolate cake with icing, milk.

New Fundraiser "Takes Off" For James Clark PTO

The spring fundraiser sponsored by the James Clark School PTO has really taken off, and you could be taking off for Florida if you win this great prize — a DisneyWorld family vacation.

The trip, with a value of \$3,000, includes round-trip airfare, accommodations, and DisneyWorld park hopper passes. Erin World Travel of Westfield is coordinating the trip, which may be taken at the winner's convenience.

Raffle tickets are \$1 each, or a book of six tickets for \$5. Tickets will be sold from now through May 1st. The drawing will be held on May 10th, and you don't need to be present to win.

Tickets may be purchased from any James Clark School student or by calling Carla Chase, 789-3846; Ann Marie LaZazzera, 789-3141; or Cathy Blood, 786-5103.

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From The AHS Guidance Office...

by Judy Cohen
Agawam High School
Guidance Counselor

A Senior's Message To Parents...

As guidance counselors, we are now hearing from our seniors where they have been accepted and what they are planning to do after graduation. At first certain about their futures, many are now filled with doubts.

Musing about this, I decided to write the following to let you parents in on the turmoil that many of your seniors are feeling.

*It's supposed to be fun
A great time in one life's
Then why is Senior Year
Filled with such strife?*

*I try to do my studies
But so much is on my mind,
When I graduate from here
What kind of work will I find?*

*Or where should I continue
Should I go away or stay near,
And what should be my major
That seems my greatest fear.*

*Listening to rules, having boundaries,
I think I want to get away,
Now that senior year's almost over
Perhaps I want to stay.*

*I mean if I go to school closer
I can go for a home-cooked meal,
Or just stop and see my folks
And tell them how I feel.*

*My thoughts are so confusing
The colleges are letting me know,
But I just can't truly decide
Where it is I wish to go.*

*I know it will be hard
To leave AHS behind,
Not knowing when I venture forth
What I will truly find.*

*My comfort zone is here
I have friends and family,
Yet when I leave Agawam
It will all be new to me.*

*It's difficult to concentrate
On my studies instead,
While all of this stuff
Is circling in my head.*

*So I may not share this
But things are somewhat scary,
So try to understand
If I seem a little wary.*

*A big change is going to happen
I hope I don't incur your wrath,
Instead I need your understanding
As I walk this brand new path.*

*So folks, help me with my future
Be I your daughter or son,
I think I'm all grown-up
But the truth is ... I've just begun.*

Elizabeth F. Christian Attains Dean's List At Bates College

Elizabeth F. Christian of Agawam was named to the dean's list at Bates College as a result of her scholastic standing during the first semester of the 1999-2000 academic year.

To qualify for the dean's list at Bates, a student must maintain a better than "B" average for the semester, for a minimum quality point ratio of 3.2.

Christian, a first-year student, is the daughter of James and Judith Christian of 78 Valentine St. A member of the water polo club, she is a 1999 graduate of Loomis Chaffee School in Connecticut.

Located midway between the coast and mountains in south-central Maine, Bates is a 145-year-old undergraduate college of the liberal arts and sciences and is rated among the top 25 national liberal-arts colleges by U.S. News & World Report.

Bates offers majors in 24 academic departments and eight interdisciplinary programs, and encourages independent study, research with faculty members, and participation in off-campus programs.

Pack 78 Boys Earn 'Arrow Of Light'



THE BOYS FROM DEN 1 (DRAGON DEN) were awarded their Arrow of Light at a special ceremony held last month. The Arrow of Light is the highest award a Cub Scout can earn, and is the only one he can carry over to his Boy Scout uniform. Congratulations! Front row: Stephen Parent, Adam deLiefde and Kendrick O'Connor (holding cake), and Danny Smith. Back row: Joshua Illicky, Philip Mokrzycki, Mike DeChristopher, and Richard Rozanski. (Not pictured: Nick Savard.)

Jennifer Zerra Participating In BU's Study Abroad Program

Jennifer Zerra of Feeding Hills is studying in Madrid, Spain during the spring semester as part of the Boston University Study Abroad Program.

The Madrid Internship Program offers students the opportunity to enroll in liberal arts coursework at the Instituto Internacional and to participate in an internship in either arts, psychology, social policy, management and finance, or advertising. Students take three courses in addition to working in an internship 2½ days per week during the semester.

Zerra is a sophomore majoring in pre-law and Spanish at Boston University's College of Arts and Sciences. A 1998 graduate of Agawam High School, she is the daughter of Steven and Elizabeth Zerra of White Fox Road.

Boston University is the third-largest independent university in the United States, with an enrollment of nearly 30,000 in its 15 schools and colleges.

The University's international language, liberal arts, and internship programs provide students with opportunities to intern and to study in nine languages in 14 countries on six continents.

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* * *

"Dealing With The College Admissions Tests" On March 30th

Parents of Agawam High School students are reminded that the next administration of the SAT will be May 6th at Agawam High School. The deadline for registration with "the College Board" is March 31st.

If you are interested in understanding your son's/daughter's results or the relationship between the SAT and the colleges, you should plan on attending a presentation by Jim Montague entitled "Dealing with the College Admissions Tests" at Agawam High School on Thursday, March 30th, from 6:30 to 8:00 p.m.

Montague is the Director of Guidance and Counseling Services for the College Board. This program will provide an overview of these tests; describe the skills being measured; outline effective preparation strategies for students; and describe the use of these tests in the college admission process.

All parents and School Committee members are invited to this presentation, which will be held in the high school auditorium.

Tracy J. Landry On Dean's List At FSC

Agawam resident Tracy J. Landry, a business administration major, has been named to the Framingham State College Dean's List for the fall 1999 semester.

To be selected for Dean's List, a student must earn a Quality Point Average of 3.25 or higher.

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Sports

Girls' Basketball Review...

Brownies Worked Hard For Their Success During 1999-2000 Campaign

by Dave Rollins
Sports Editor

The 1999-2000 edition of Agawam High girls' basketball was, for the first time in many a moon, without a Western Mass. superstar. There were no Kristen Schmaelzles, Kristen Pattersons, Barbara Malonis, or Cindy Stones this time around.

As we said at the start of the season, these girls were members of the lunch pail athletic club - a true, blue collar crew that worked hard for everything they got. The drumbeat went both ways for these kids. Sometimes they beat on it; sometimes they were beaten upon.

Their 11-9 regular season record and 11-10 slate overall might reflect one of the best coaching jobs 14-year mentor Lou Conte ever turned in. At the beginning of the season as he stood assessing his club's long-range chances, he noted that if they could hold their opponents to 40 points or less a game, they had a good chance to put one in the left-hand column.

Well, in nine games this season, they did indeed give up 40 points or less, and won all nine. In two additional games, when they gave up 42 points, the result was also a victory. Which, in essence, means they were 11-0 within the parameters of the coach's prediction.

A Little Shaky At The Start

Things did appear a little shaky at the start, with two straight losses to Berkshire powers Wahconah Regional and Monument Mountain. Then they went on a six-game win streak, suffered a tough 51-47 loss to Chicopee on January 14th, and won three more in a row to stand 9-3 on January 25th and just one win from qualifying for the playoffs.

The coach knew things were going to get tougher; they were about to enter their Valley Wheel season. The Wheel is without a doubt the premier conference in Western Mass., populated by denizens like Minnechaug Regional (four straight Western Mass. championships), Longmeadow (the second seed in this year's tournament), and Amherst (the third seed and Division I finalist). The Brownies made the playoffs with a 50-34 win at West Springfield on February 4th. That milestone came after two straight losses and saw Agawam with an overall record of 10-5 and 1-2 in the League.

After that, it was a matter of ringing up enough victories for a respectable seeding in the draw - the fifth spot, as it turned out. A first-round loss to number four East Longmeadow ended Agawam's first season of the new millennium.

Conte, in his wisdom, admitted the season

went about the way he expected it would. "Overall, I thought our senior leadership would carry us a long way," he said of co-captains Sheri Benton and Kate Shannon, and Jen Lyman. He was right.

Along with the seniors, the defense, which gave up 42 points a game, was also crucial to the winning season since the offense checked in with a 41-5 average.

The weaknesses of the team were obvious all season long - size inside and lack of offense. "It was scary at times how much height we gave up. The kids compensated by toughing it out," Conte observed.

On a team like the 1999-2000 Brownies, because of their makeup, there was no particular star, according to the coach. "No, it was a situation where on any given night, different kids stepped up."

Every Win Precious

In a season where every win was precious, two stood out in the coach's mind. The first came in the middle of the six-game win streak at Chicopee Comp - a 35-33 victory over the Colts. "We were down 10-0 in a game we had a good chance of winning and the kids came back. That was a confidence builder." He also noted their next game as a key contest - on the road at Northampton. Agawam came away with a 41-30 win in a place that is notoriously tough on visiting teams.

Conte rated his performance this year on a scale of 1-10 as a five, explaining that he could always do better. "I have never won any game all by myself," Conte, always gracious, smiled.

Well, we have to bump up that number a bit, to around a nine. He wrung every ounce of ability and skill out of the kids in this campaign and out-coached his opponents in many of the close victories.

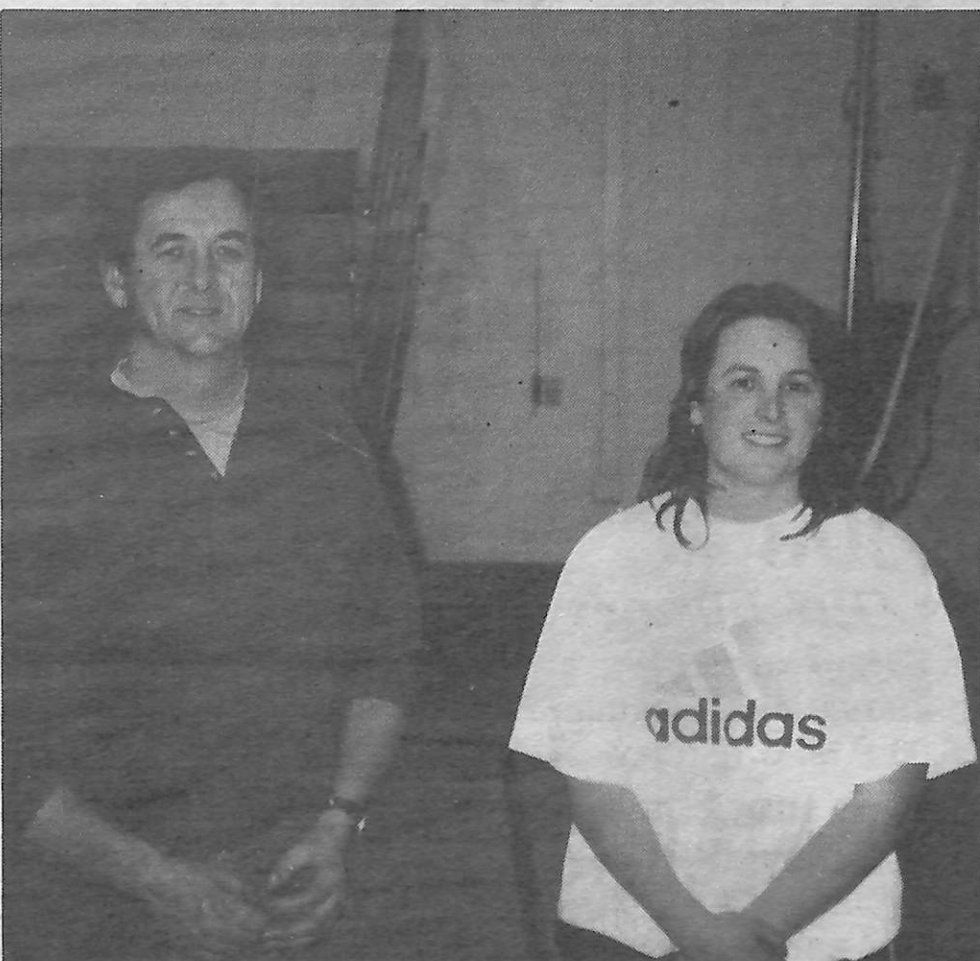
It also is important to note that Conte's 14-year record as coach of the girls' varsity now stands at 247 victories - 63 losses (80 percent). Over that time span, Conte has averaged 17 wins a season.

Next year's needs are evident: "We'll need some scoring inside and some low post help," he said. There are some kids on the varsity right now who will certainly benefit from the experience this season afforded them. Freshman Vicky Taylor got better every time she stepped into the fray. At 5'9½", she displayed some front court muscle.

SEE GIRLS' BASKETBALL - Page 36...



TWO OF THE REASONS why the future looks good for AHS girls' hoop — freshman forward Vicky Taylor (above) and three-point specialist Liz Stieg (below). Advertiser News photos by Dave Rollins.



ASSISTANT VARSITY COACH HAROLD COTE and JUNIOR VARSITY COACH KAREN CLEAVALL helped Coach Lou Conte with his charges during the AHS varsity girls' basketball team's 1999-2000 season. Advertiser News photo by Dave Rollins.

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GIRLS' BASKETBALL - from Page 35...

Sophomore Jenna Shea had some fire in her eyes and the hustle to match her intensity as a back-up point guard. Junior point guard Jill Gendron showed she can run an offense and led the team in scoring with 189 points (nine PPG). She also knocked down 13 three-pointers. Junior Keegan Clark added some good defense to the mix. Another junior, Sara Lottermoser, contributed important minutes coming off the bench. Junior center Laura Bucalo, on the varsity since her freshman season, had to battle the trees all year long. The junior was third in scoring on the team with 113 points (5.4 PPG), most coming in the paint where the 5'7" center/forward usually gave away a minimum of three-four inches to her opponents.

Bucalo's experienced leadership can't be overlooked this season or next.

Most Exciting Player

Perhaps the most exciting player on the squad was junior forward Liz Stieg. The 5'4" guard was second in scoring (despite not starting) with 187 points (9 PPG). In that mix, there were 28 three-pointers. Stieg's line drive efforts from downtown should assure that if the Brownies seem out of it at any time, she can get them back into it in a hurry.

She almost did that in Agawam's 51-43 playoff loss to East Longmeadow with seven treys, breaking the old Agawam High three-point record of six (held by Amber Conte).

Fly Fishermen's Workshop In Ludlow

The West Massachusetts Fly Fishermen will conduct their 28th annual Fly Fishermen's Workshop on Monday, March 20th, at the Polish-American Citizens' Club on East Street in Ludlow.

Special guest will be noted guide and fly fisherman Jack Smola, who will present a slide show commentary on fishing local waters and fly fishing for tarpon. The local streams to be shown are the Deerfield, Swift, and Farmington Rivers.

There will be displays by area tackle dealers and manufacturers, as well as fly-tying demos and a monster raffle.

The admission is \$5, with children under 12 years of age admitted free. Doors open at 7:00 p.m.

All proceeds go toward supporting our activities, which include free fly-tying classes for kids and adults. For more information, contact Bill Rose at 786-0195.

STATS FOR 1999-2000

Overall regular season record 11 wins - 9 losses
Playoff record 0 wins - 1 loss

TOTAL FOR ALL GAMES PLAYED

Team Members	Grade	Points Scored	Avg. Per Game	Number Of 3-Pointers
Sherri Benton	Sr.	82	3.9	2
Jen Lyman	Sr.	63	3.0	0
Kate Shannon	Sr.	54	2.6	1
Laura Bucalo	Jr.	113	5.4	0
Keegan Clark	Jr.	51	2.4	1
Jill Gendron	Jr.	189	9.0	13
Sara Lottermoser	Jr.	16	.8	0
Liz Stieg	Jr.	187	9.0	28
Jenna Shea	So.	28	1.3	1
Vicki Taylor	Fr.	89	4.2	1
TOTALS		872	41.5	47
Total Points For	872	Avg. Per Game 41.5		
Total Points Against	884	Avg. Per Game 42.1		
Total Points Scored	1756			

Biggest win of season - West Spfld., 36 pts.
Biggest loss of season - Amherst, 30 pts.

Most three-pointers scored in one game - 7, by Liz Stieg against East Longmeadow, 3/4/00.

Liz broke Amber Conte's record of 6. NEW GIRLS' SCHOOL RECORD!

Various Tryouts Dates Scheduled For The Agawam Youth Cheerleaders' 2000 Season

Agawam Youth Cheerleaders will hold tryouts and registration for the 2000 cheerleading season at the Agawam Middle School on the following days:

Monday, April 3rd, 5:00-7:00 p.m.; Tuesday, April 4th, 5:00-7:00 p.m.; Wednesday, April 5th, 5:00-7:00 p.m.; and Thursday, April 6th (tryouts), 5:00-7:00 p.m. (juniors), 7:00-9:00 p.m. (seniors).

All children who are entering grades five and six in September 2000 are eligible for the Junior Squad. All children who are entering grades seven and eight in September 2000 are eligible for the Senior Squad.

Pee Wees (grades three and four in Sept. 2000)

will be held Monday, April 24th, 5:00-7:00 p.m.; Tuesday, April 25th, 5:00-7:00 p.m.; Wednesday, April 26th (tryouts), 5:00-7:00 p.m. at Robinson Park School.

An informational meeting will be held on Tuesday, March 28th at the Agawam Public Library from 7:00-8:30 p.m. Please note that a parent must be present at registration, as a child cannot participate without the required consent forms, signed by a parent or legal guardian. A \$1 tryout fee will be charged to cover tryout expenses.

For more information, please call Sue Svadeba at 786-2592 or Irene Lemieux at 789-3071.

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A Member Of The Lady Owls At Westfield State...

Melissa Cote On All-Conference 2nd Team For College Basketball

by Dave Rollins
Sports Editor

Most Agawam High basketball buffs remember Melissa Cote as a tall power forward who, during her girls' hoop days at AHS, helped the team into the Western Mass. finals in 1999 and in 1997. She was nearly six feet, quiet and unassuming, with hardworking talent that was sometimes eclipsed by the stars around her (Barbara Maloni, Pia Bertone-Gross, and in her younger years, sister Sarah and Kristen Patterson).

They say good things happen to good people. So it goes. Cote, just a freshman center at Westfield State College, was recently named to the All-Conference second team of the Massachusetts State Conference. Her stats read like this: third in conference rebounding and first on the team (9.2); fifth in blocked shots at 20. She averaged 6.9 points a game for the 17-8 Lady Owls.

"Yeah, I'm surprised to be named to the All-Conference team. I'm just a freshman. I came here really not knowing what to expect," she said.

But her coach, 10-year Owls mentor Rick Berger, did understand what he was getting with Cote. "I've known her and her family since she was very young. I saw her come up through the ranks. I knew she would be a perfect fit for us. So, we heavily recruited Melissa," said Berger.

"I learned that going to the next level would be a challenge. You have to be a lot stronger and tougher," Cote admitted. Her improved rebounding and shot-blocking showed something was up this year. "Yeah, besides her height, Melissa has long arms and good instincts on defense. When she gets aggressive, she can dominate," Berger said.

Perhaps the most impressive aspect of the freshman's game is her rebounding. That's a task ideally meant for a street fighters and a job in high school that Melissa never really took to the far pavilions of her ability. "I'm going to the ball more and learning how to position myself," she said.

"She is doing that for sure. But what also motivates her is a good yell or two. It's a continuation of what (AHS Coach) Lou Conte did. We yelled and told her if she didn't become more aggressive, she would not be on the floor. Melissa isn't the type of athlete who takes things like that personally. But she does listen and if it spurs her on to a greater performance level, she is right there," said Berger.

20 Blocked Shots This Year

We can't remember Cote blocking too many shots as a Brownie. But the freshman had 20 this year. "She is all arms and legs, especially in the arms department," Berger smiled. "If she is guarding you close in a man-to-man situation, you are going to have to shoot a rainbow to get it over her."

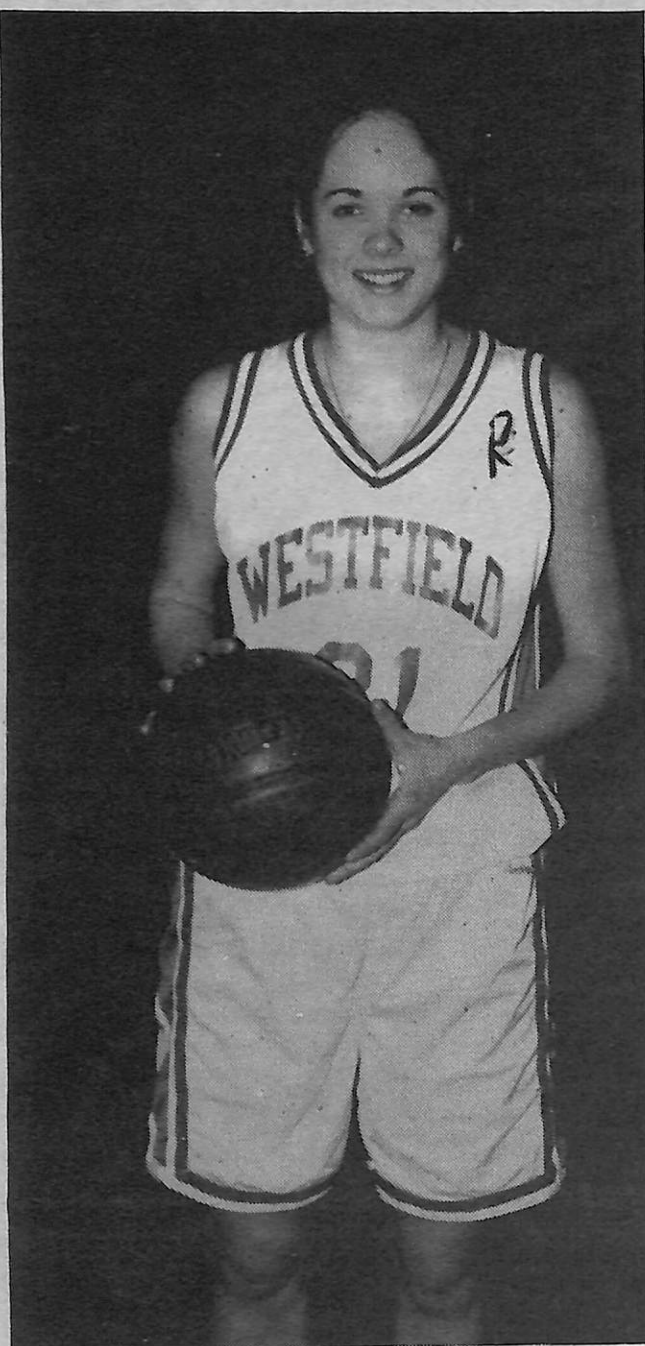
The Owls went to a man-to-man zone, and a match-up zone during the season. Cote says the man-to-man was her favorite defense. "I always felt I had enough speed and ability to guard who I had to guard one-on-one."

"She could do that because at Agawam during her time there, Louie used a lot of man-to-man defense. But as the season wore down here, we lost some kids, so we had to conserve our energy, which meant a zone defense or some variation of it," Berger admitted.

Then he added, "At season's end, we were very aware that Melissa and her low-post counterpart, sophomore A.J. LaBelle, had played way too many minutes. They were both tired. We are going to try in this recruiting year to find them some help. Melissa, with a few less minutes, will become even better."

To that end, Cote went into the weight room once the season ended. "We asked her for two things if she was going to help us. First, she had to improve her shooting in the paint, field goals from the stripe, and from the elbow. She worked so hard to do that and it paid off. Going into the weight room was the second. Melissa is dedicated to basketball," the coach said.

Melissa was not in the original roster list of starters. She was just another kid with talent who would have to fight her way onto the starting five.



MELISSA COTE'S freshman season with the Lady Owls at Westfield State has certainly been an outstanding one.

"Our starting center, Christina Neeley, had a crisis. Her mother became gravely ill. She had to leave last September and that left Melissa. She got perhaps the best training a young kid could ever get - on the job. She didn't disappoint," Berger said.

Cote, who carries a 3.3 grade point average through the first half of her freshman year, gives all indications that she'll be back, at least according to the form all the kids have to fill out after their season of competition. Remember, this isn't high school. You can leave at any time.

A Credit To The School

"Melissa was positive about the whole year. She is a credit both academically and athletically to Westfield State. We anticipate seeing her with us again next year," Berger smiled.

One note about next season. Westfield State will meet Western New England College and Melissa's sister, Sarah, who will be a senior power forward for the Lady Golden Bears. What an experience that will be if they have to guard each other. "I am really looking forward to that," Melissa smiled.

The Cotes' father, Harold, is the assistant varsity girls' coach at AHS and is a well-known and respected girls' basketball youth coach and advocate in this area.

Wrestling Review...

Brownie Matmen Fare Well Under New Leadership

by Dave Rollins
Sports Editor

There were a few, though not many, who felt when Phil Tomkiel stepped down last season after 25 years at the helm of Agawam High wrestling, the program would begin to languish. After a long and exhaustive search, they had a new coach in Kirk Parker (AAN 8/19/99) and the program never missed a beat.

This year, they finished second in the A Division at 8-1 and 9-4 overall, second to 9-0, 18-2 Ludlow, the eventual Western Mass. champion. During the regular season, they defeated Minnechaug Regional and West Springfield, two teams that finished ahead of them in the Western Mass. Tournament. The Brownies would finish fourth.

Some Steel In The Lower Weight Classes

This was a team that featured some steel in the lower weight classes. Eric Hogan in the 112's, a former All-Western Mass. performer, would finish second in the tournament; senior Dave Moore, an All-Western Mass. selection for three years (103's, 112's, 119's), would win in the 199's again and go on to be the state champions; Aaron Gilbert (third in the 135's) and Matt Quirk in the 152's (seeded second. He didn't compete in the tournament because of an injury), also had outstanding seasons.

However, it was in the upper weights that saw them discover trouble. It came at Ludlow on the evening of February 2nd after they'd thoroughly thrashed both Minnechaug and West Side in earlier meets. Both teams were unbeaten in A Division competition. Agawam was up 22-16 before a packed house of roaring Lion faithful. Then, from the 160's to the heavies, Ludlow dominated with five straight pins and it was over. The Brownies fell, 46-22.

Despite that and the fourth-place finish in the tournament, Agawam's future looks bright. They might lose Dave Moore (119's), Matt Quirk (145's), and Kevin Grealis (160's). But there are kids still in place - junior Eric Hogan (103's), junior Luke Cardone (130's), junior Aaron Gilbert (135's), and some others that will wrestle their way into the starting 14.

Two Major Foes Next Season

They will have to meet their two major foes next season. But things will be different. Ludlow will lose their outstanding foursome of wrestlers to graduation - Dave Perham (215's), Abi Mestre (140's), Dmitry Privendenyuk (171's), and Derek Venne (189's). The two-time Western Mass. champs gained much over the past few years, but will be challenged to remain at such a high level as AHS has been for many years.

West Side, which always seems to have very good wrestlers and very good coaches (won the Western Mass. title in 1997), will remain a solo program.

Tomkiel said it best about the orange and brown: "Agawam wrestling doesn't rebuild. We reload. Parker, we're sure, will continue the tradition."

Turkey Shoots At Pioneer Valley Sportsman Club

Members of the Pioneer Valley Sportsman Club, Inc., located at 101 Sikes Avenue, West Springfield, are pleased to announce that turkey shoots will commence at the club on Sunday, March 12th, and will run for six weeks.



WE HAVE A SUBSCRIPTION DEAL FOR YOU!!! In honor of St. Patrick's Day, new subscribers can get The AAN for only \$8 (this subscription is effective from March 2000 to June 30, 2000). What's more, for a second subscription for their special "leprechaun," it's only \$4 more. That's right — two new subscriptions for only \$12 (which is a lot less than a pot o' gold). Make your check out to the "Advertiser News" and mail it with your name, address, and phone number to: Advertiser News, P.O. Box 263, Feeding Hills, MA 01030.

Hockey Review...

Coach Cirelli Applauds The Outstanding Work Ethic Of His 1999-2000 Brownies

by Dave Rollins
Sports Editor

The Agawam High hockey team, under new Coach John Cirelli, coming off a 12-6-2 1998-1999 season and a 1-1 playoff slate, finished up their 1999-2000 campaign at 11-9.

Then, with a 12th seed, the Brownies were eliminated from the Division III Western Mass. tournament by virtue of a 9-0 defeat - at the hands of fifth-seeded Longmeadow.

The Brownies were a young team with only four seniors and five freshman. But as has been the case for some time, numbers were against them. They had only 15 skaters and two goaltenders. And for about three-quarters of the season, only one keeper minded the net - freshman Ryan Zaczynski (because veteran Derek Mercadante was sidelined with an injury).

While most teams put four lines on the ice, Agawam could manage only three. They consisted of senior Brian Pagella and sophomore Mike Kosinski being centered by senior Jason Malanson; junior Tony LeClair and freshman John Tisdell were centered by senior Dave Gusek; and sophomore Matt Pereira and freshman Jeremy Malanson were centered by sophomore Dennis Walters.

The Pagella line produced 40 goals. The Gusek line added 35, and the Walters line chipped in with 10. These 85 goals were part of a 20-game total of 93 overall (4.6 GPG). Only six teams in Western Mass. had a better regular season offensive production than the Brownies - West Side (103) and Ludlow (97) in the Berry Division; Amherst (121) and Chicopee (118) in the Fay Division; Belcher-town (106) and Central (113) in the Wright Division.

The Brownie defense gave up 70 regular season goals in 20 games and 79 with their playoff loss to the Lancers, ending the season with 79 for a 3.7 goals against average. Ryan Zaczynski earned high praise from the coach for his work in the net. The freshman started 15 games, winning nine and losing six. The kid gave up 57 goals in 15½ games for a 3.8 goals against average.

"You have to remember, varsity hockey is a long way from anything a freshman has experienced in their short career. You're suddenly facing kids three or four years older than you with that much more experience," the coach noted.

Tense & Close Battle All The Way

Senior Derek Mercadante finally mended well enough to get his first start against a tough Amherst Regional squad on February 10th at the Olympia. It was a tense and close battle all the way. Mercadante stopped 22 Hurricane shots and deserved better before a 1-1 tie was broken seconds into the third period and Amherst went on to win it, 2-1.

Mercadante would end up playing 5½ games, giving up 22 goals for a 4.1 goals against average and a 1-5 won-loss record.

Cirelli, who had been a long-time assistant under former coach Fran Pycho, got his chance and did a fine job. "I actually think the season went better than expected. We had a great team

effort to make the playoffs, which came sooner than I expected, with our 9-2 win over Taconic on February 15th," he said.

According to the coach, the team had one great strength - hard work. "The kids were not flashy. They worked their tails off in practice and in the games. They skated hard, many times against teams who, because of superior numbers, tried to wear them down. For the most part, that strategy didn't work," noted Cirelli.

If there was one aspect of the year that he feels needed to be addressed, it was defense. "Many times, they didn't take their man out of the play.



FRESHMAN GOALIE RYAN ZACZYNSKI has a bright future for AHS hockey. Advertiser

News photo by Dave Rollins.

And many times, they couldn't clear the puck as effectively as you'd like against some of the really offensive-minded teams we met. But that has a lot to do with youth," said Cirelli.

The Brownies had a freshman, sophomore, and two juniors on defense. The only senior was one of the best in the business - assistant captain Brian Gilhooly. But he couldn't do it all.

While the coach said he wanted to mention all the kids, he noted that the five freshmen stepped up. Goalie Ryan Zaczynski, defenders Mike Peetos (1 goal/2 assists) and Ben Crum (4 assists), forward John Tisdell (6 goals/3 assists), and forward Jeremy Malanson (6 goals/4 assists). "They are certainly part of a bright future for

Agawam hockey," the coach smiled.

Turning Point In The Season

The St. Joseph's game, a 3-2 loss at Cyr Arena on February 22nd, was definitely the turning point in the season for the Brownies, according to the coach. They had just come off a tough, 3-2 loss to Westfield and the season was winding down too fast. Wins were needed to cement a prime spot in the tournament hierarchy.

"We were ahead, 2-1 going into the third period. A win there would have had us move up maybe six slots in the draw. It was a game we just couldn't afford to lose," said Cirelli.

They also dropped their next and last game of the regular season, 5-4 to Amherst, the eventual Division III finalists, up at the Orr Rink in that town. The three-game, season-ending losing streak got them the 12th seed and that forgettable playoff game against Longmeadow.

The coach wouldn't comment on how he coached this season. "No, I'll let others decide that. If I was able to influence those kids in a positive manner so they can go on to be the kind of people they and their parents want them to be, then I'm doing a good job," he said.

Agawam's greatest margin of victory was 11-1 against Comp on February 3rd. The 9-0 playoff loss was their worst of the season. They lost to Western Mass. Division III champion West Springfield, 8-3 in their second game of the year (December 16th).

Their longest winning streak was four, between January 20th (a 7-5 victory over Greenfield), ending with the 11-1 thrashing of Comp on January 26th. Their longest losing streak was at season's end - four.

Their two most memorable regular season wins had to be against the tournament's fourth seed, Ludlow, 7-4 in their opening game. The other was 6-4 over sixth-seeded Chicopee on January 5th.

Senior forward Jason Malanson (see AAN, 2/24/00) led the team in scoring with 10 goals and 25 assists for 35 points. Senior forward Brian Pagella was next with 20 goals and 13 assists for 33 points. They were followed by junior forward and captain Tony LeClair - 32 points on 18 goals and 14 assists. Senior forward Dave Gusek chipped in 11 goals and eight assists for a point total of 19.

Sophomore forward and assistant captain Mike Kosinski had 10 goals and seven assists for 17 points. Junior defenseman and assistant captain Adam Sprague had three goals and 11 assists for 14 points. Gilhooly had three goals and five assists from his defensive position for eight points.

Now that it is over, the coach had this projection: "We have 12 kids coming back. Every one of them is a great hockey player. I only hope that the ones coming out for the team will have the same attitude they have - a great work ethic and that they value and understand the concept of team-work."

Boys' Basketball Review...

Coach Alves Discusses Some Redeeming Qualities About AHS's 1999-2000 Season

by Dave Rollins
Sports Editor

The Agawam High boys' basketball season must have seemed to all involved like a vacation in Bosnia, as the 0-20/0-10 League record would indicate.

Yet, what seemed like the worst of times did have some redeeming qualities. Despite the fact that some kids quit the program because of personal reasons and others were injured, the ones remaining pressed on. At the end, only six players were on the varsity squad.

On a team with not many strong points, first-year Coach Brian Alves saw the strongest of all - one every team must have. "Yeah, they didn't quit, no matter what happened. And a lot of negative things happened to us this year. They were a good bunch of athletes and a good bunch of kids who truly wanted to play basketball and didn't back down from anybody," said Alves.

What the team needed, according to the coach, was someone who could consistently put the ball in the hole. "It would have been nice to have a guy like Mike Martin with us," he laughed, referring to the Cathedral High, All-Western Mass. hoop star and Feeding Hills resident who left AHS for the Purple Panthers three years ago.

Agawam did, however, have some kids who stepped up. "I think Lou Conte (167 points, 8.6 PPG, and the team's second-leading scorer) and Josh Ducharme (49 points, 2.4 PPG), both juniors, were leaders for us," Alves pointed out.

Another junior, A.J. Martucci, could (on occasion) find the hole. He had 200 points on the season for a 10 points-a-game average. He also had 25 three-point bombs and a season-high 21 points in a 62-44 loss to Longmeadow on February 2nd.

Senior captain Joe Stellato chipped in with 167 points and 14 threes to average 7.1 PPG. Sophomore Sean Mercadante dropped down 105 (5.2 PPG) and led the team in treys with 27. Junior Adam Ellsworth contributed some fine defense and scored 101 points (5 PPG). Two other juniors, Mike Brunelle (33 points, 1.7 PPG) and Brian Forsman (30 points, 1.5 PPG), helped out at many positions during the season.

The Brownies' Finale Defined Their Campaign...

Alves felt that if one game defined their campaign, it was the finale - a hard-fought, 79-59 loss to visiting Amherst. In that one, the Hurricanes came in with 12 kids on their roster. The

Brownies had six on their bench. Despite the score, Amherst (substituting liberally) couldn't run them into the ground as they'd expected to do. It was only a lack of fire power - not fire - that saw Agawam finally lose.

This was the first time Alves had an opportunity to run a Division I program. He had this to say about his baptism of fire: "I was, of course, disappointed. But the kids gave me everything they had and I tried to return the favor. I didn't quit, either."

Of course, statistics as dull and sterile as they sometimes might appear to certain people are a necessary evil. While they can't measure the heart of a team, they can tell a coach where to send help. The Brownies scored 830 points in 20 games this season for an average of 41.5 PPG. They gave up 1,483 (74.1). Enough said.

Granted, a lot of it has to do with being undermanned. Good coaching staffs will address such a situation. You can bet Alves and junior varsity Coach Kevin Daley will get on it.

Improvement next season will come in the form of how hard the returning kids are willing to work over the off-season, according to the coach.

Profile...

Dave Gusek Reflects On His Four Years With AHS's Varsity Hockey Team

by Dave Rollins
Sports Editor

Dave Gusek was a varsity center on the Agawam hockey team for four years. Recently, the senior sat down and talked about his days at AHS.

Dave is 18 years-old. His birthday was December 15th. He stands 5'11" and weighs in at 175 pounds. He has spent all four years of his secondary education at the High School.

He has completed his requirements for graduation, so the courses he's taking this semester are electives. They include accounting, pottery, algebra II, and psychology. Pottery and psychology are his favorite subjects. Edward Merrill (psychology) and Geraldine Schilling-Nordal (pottery) are his top teachers. He won't attend college after graduation. "I'm going to take some time off and work. Then I'll see what happens," Dave said.

Hockey is his sport. He was a four-year starter for the varsity and has been playing the game for 14 years. He was on the All-Western Mass. Second Team last season. This year, he had 11 goals and eight assists for the Brownies who were 11-9 during the regular season and lost to Longmeadow in first-round playoff action for an 11-10 overall record.

Dave's most memorable time in sports was helping the team win the Fay Division in his freshman, sophomore, and junior seasons. He sees the season just past as a disappointing one for the team.

"I think we, as players, could have been a little more disciplined," he noted. As for his performance, he had this take: "I was sick a lot and because of that, wasn't really on top of my game."

Dave, in frustration, had to sit out the 9-0 playoff loss to the Lancers due to a touch of pneumonia. "It was tough watching from the sideline. I'd never seen any Agawam team in my

time here go to running time to complete a game," he said.

Dave's favorite food is a cheeseburg grinder from his place of employment, Nicky's Pizzeria on Main Street in Agawam. "They really make them good there," he smiled.

Green is his favorite color.

Ray Bourque, formerly of the Boston Bruins and now of the Colorado Avalanche, is his top athlete.

Dave likes to kick back by sleeping. "Yeah, that's one of my favorite ways to relax," he laughed.

Whatever is comfortable defines his taste in clothes. He buys them at the Holyoke Mall. His duds are expensive. But he commented, "What isn't?"

PHISH (jazz and rock) and Fear Factory (metal) are his favorite musical groups.

"The Daily Show with John Stewart" is tops on the tube for him. "Fear and Loathing in Las Vegas" by gonzo journalist Hunter S. Thompson is his top movie.

Donna is his mom. Robert is his dad. He has a brother, Mike (24), and a sister, Christina (26). Both are graduates of AHS.

AHS teacher Edward Merrill is the person he looks up to. "Mr. Merrill is someone I highly respect. I'd like to bring a recorder into his class and tape him. He is just so good at his job, you want to learn from him," Dave said.

He would like to be remembered when his days as a Brownie are done as a funny kid who had the ability to make people laugh.

"Dave is one of the best centers we've had in our program. He consistently wins his face-offs and is creative on offense. He can be a finesse player or a physical one, depending upon the situation," Coach Cirelli said of the senior.



DAVE GUSEK

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice. Thank you for your cooperation in this matter...

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Girls' Ski Team...

End-Of-Season Highlights For The Brownies

The Agawam High girls' ski team wrapped up their season with a banquet at Alexander's on Sunday, March 12th.

Senior captains Kerry St. Laurent, Caroline Scherpa, and Laura Charest presented Coach Jim Graveline with a new watch, because "he would always blame the cold weather when his watch failed to work at the mountain." He also received a team fleece vest for those bone-chilling races and practices.

On a lighthearted note, the girls gave him a bracelet with the words "Coach Dad" spelled out in beads. "You've been like a dad to us for the past four years," they told the coach. "You've always looked out for us."

The Pioneer Valley Interscholastic Athletic Conference Individual Ski Championship, held at Berkshire East on February 8th, served as the final skiing event for two seniors and a promising preview of next year's strong talent.

Janet Jock placed first in the giant slalom event with a time of 34.95, followed by Amy Jensen (35.32), Laura Charest (35.71), and Kerry St. Laurent (35.91). Caroline Scherpa (36.01), Jen Pietroniro (36.93), Ashley Guiel (37.16), and Courtney Nowill (37.41) finished in the fifth through eighth spots. Alyson Garvey (37.77), Katie Feato (38.90), and Raya Mutti (62.48) rounded-out the varsity lineup.

In the slalom event, Pietroniro skied out of the top spot and came in first on the team with a 47.47. Scherpa and St. Laurent, skiing out of the second and third spots, weren't as lucky and blew out of a ski as they tackled the gates. Jensen placed second with a 51.14, and Jock (51.42), Guiel (52.16), and Charest (52.38) followed closely behind. Feato (57.30), Nowill (58.89), and Danya Decoteau (63.38) also skied well on the slalom course.

Three AHS girls placed in the top 50 on the mountain that day. Congratulations go to Jen Pietroniro (34th), Janet Jock (42nd), and Amy Jensen (46th). We'll be keeping a close eye on these girls and their talented teammates for the 2000-2001 season!

As a final "plus" to a rewarding day, the Agawam Ski Parents' Association was awarded the "Best Food on the Mountain" for the third year in a row. The parents provided meatball grinders, chili, kielbasa, two soups, and an array of desserts to the boys' and girls' ski teams. The judges were impressed, however, with the fruit ambrosia and the fresh ground pepper.

The AHS team sent Caroline Scherpa to States this year, where she placed 114th in the state in giant slalom and 122nd in the slalom.



MEMBERS OF THE AGAWAM HIGH SCHOOL GIRLS' SKI TEAM held their end-of-the-season banquet on Sunday, March 12th, at Alexander's Restaurant in Feeding Hills. Advertiser News photo by Kathy Shepard.

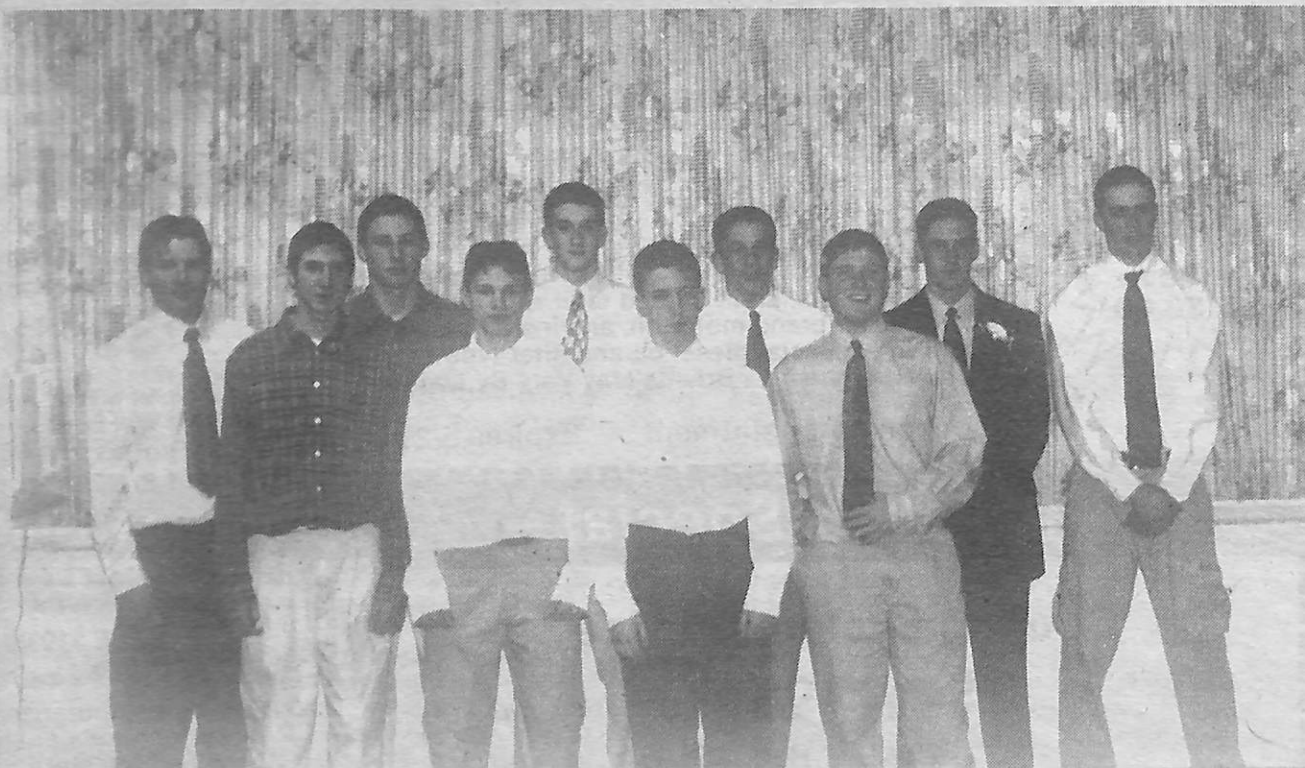


JIM GRAVELINE, the coach of the AHS girls' ski team, with his senior captains at the March 12th banquet (from left to right): Caroline Scherpa, Kerry St. Laurent, and Laura Charest. Advertiser News photo by Kathy Shepard.

Boys' Ski Team Celebrates Season...



JACK PEARSON, a member of the AHS boys' ski team, and Coach Glenn Olson, at the team's March 12th banquet at Alexander's Restaurant. Advertiser News photo by Kathy Shepard.



IN TANDEM WITH THE GIRLS' SKI TEAM, the Agawam High School boys' ski team noted the end of the season with a banquet at Alexander's Restaurant in Feeding Hills on Sunday, March 12th. Pictured above are members of the boys' ski team at the banquet. Advertiser News photo by Kathy Shepard.

Please patronize your local businesses...

Springfield Turner Gymnastics Compete In Second Meet

The Springfield Turner Gymnastics program competed in its second meet of the season on March 11th. This meet was held at the Providence Turners in Rhode Island.

The following is a listing of our competitors and their places:

*** Girls 9-11 Lower**

Lisa Couture - 10th on Floor, 8th on Vault, 7th on Beam, 3rd in All-Around, 2nd on Bars.

Jordan Pike - 11th on Beam and Floor, 9th on Bars, 7th in All-Around, and 4th on Vault.

Leah Mutti - 13th on Beam, 9th on Vault, 8th in Floor and All-Around, and 5th on Bars.

*** Girls 9-11 Advanced Lower**

Meagan Pike - 7th on Floor, 5th on Beam, 3rd in All-Around and Vault, 2nd on Bars.

Samantha Fruwirth - 7th on Beam, 6th on Vault and All-Around, 4th on Floor and 3rd on Bars.

*** Girls 9-11 Middle**

Meghan Little - 3rd on Floor and Vault, 2nd on Bars, Beam and All-Around.

Alli Stokowski - 5th in Bars, Floor, Vault and All-Around, and 4th on Beam.

*** Girls 9-11 Upper**

Stephanie Obue - 2nd on Bars, Beam, and vault, and 1st on Floor and All-Around.

*** Girls 12-14 Advanced Lower**

Sarah Huffman - 2nd on Floor and Vault, 1st on Bars, Beam, and All-Around.

*** Girls 15-18 Middle**

Maryann Connor - 4th on Floor, 2nd on Beam and All-Around, 1st on Vault and Bars.

*** Girls 15-18 Upper**

Dolores Cuccovia - 3rd on Floor and Vault, 2nd on Bars, Beam and All-Around.

*** Boys 11 and Older Lower**

Adam Stokowski - 2nd on Floor and Pommel Horse, 1st on Vault, Rings, Parallel Bars, High Bar and All-Around.

The team's next meet is April 1st at the Turners Club on Garden Street in Feeding Hills.

Congratulations to all the girls and boys who competed. You all did well and we're proud of you.

* * * * *

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter...



CONGRATULATIONS TO THE AAA'S fifth- and sixth-grade CYO Division A champs: back row — Coach Joe Rosinski, Joe McDyer, Brendan Ennis, and Assistant Coach Joey Rosinsk; middle row — Gennaro Santaniello, Nick Pokora, Carmelo Perez, and Matt Oleksak; front row — Jared Verelst, Alfredo Settembre, Steve Rosinski, and Brian (Shorty) Burke.

In CYO Basketball Championship...

Agawam Athletic Assoc.'s Fifth- & Sixth-Grade Boys Win Division A

The Agawam Athletic Association fifth- and sixth-grade boys won the CYO Division A Championship on February 28th.

AAA had to overcome the challenge of three playoff games. The games were between St. Mary's of Ludlow, Tri Parish of Indian Orchard, and the final game with Holy Cross.

The boys played great team defense, allowing only 62 points over the three game series. The rebounding efforts of Brendan Ennis, Joe McDyer, Gennaro Santaniello, and Matt Oleksak showed that the team owned the boards. Rebounding set up the fast breaks, where Nick Pokora and Steve Rosinski finished with lay-ups on our basket.

Great pressure was put on the ball by Jared Verelst, Brian (Shorty) Burke, and Carmelo Perez;

this, combined with the keen anticipation of the defense, resulted in passes that were picked off by Alfredo Settembre and team members.

The team played great offense. They scored a total of 104 points over the series. Unselfish team play and execution of inbound plays proved to be the right combination for success.

Everyone on the team scored over the series: **Joe McDyer** with eight points; **Jared Verelst**, two points; **Gennaro Santaniello**, 14 points; **Brian Burke**, five points; **Brendan Ennis**, 15 points; **Nick Pokora**, 28 points; **Matthew Oleksak**, 12 points; **Steven Rosinski**, 12 points; **Alfredo Settembre**, two points; and **Carmelo Perez**, six points.

The regular season CYO record was 14 wins, one loss. Congratulations on a great season.

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Outdoors New England

by Kent Servis
Outdoor Writer

Planning For "Open Water Fun"...

Now that the Springfield Sportsman's Show has finished its run, it's time to start some serious planning for the upcoming open water fun.

Tackle shops, both inland and on the coast, are buzzing with customers who are chomping at the bit to start catching fish.

There are a few new items for the angler this year, and one of them is a new "super braid" from Berkley. Berkley has purchased the Spiderwire brand and will continue to sell it under the same name. What is different is that there are some real improvements in the new super lines.

They are thinner, more rugged, slightly less abrasive, and have almost no "memory." Some of the lines are being marketed for the salt water angler, with a top end around 130-pound test. It has the diameter of about 30-pound mono and almost zero stretch.

THE TROUT ARE OUT

With spring finally arriving on the 20th, trout fishing has picked up at area ponds and lakes. Open water at Congamond Lakes and Hampton Ponds are inviting area anglers to try their luck.

The hatchery trucks are rolling and the Division of Fisheries and Wildlife has stocked quite a few 12-inch-plus trout into area waters over the last couple of weeks. The emphasis on stocking of quality fish instead of larger numbers of small fish, has met with angler approval here in the western part of the state.

Early morning and evenings will continue to produce the best action on trout and broodstock Atlantic salmon. Trolled streamers and traditional hardware such as Mepps and Rooster tails will account for their fair share of hits.

Shore-bound anglers will do well casting hardware or bottom fishing with worms or Power Bait.

Stripers are showing up in the Thames River and will soon be at the mouth of the Connecticut River. It won't be too long before catchable numbers start arriving at the Enfield Dam. The last few years' explosion of striped activity at Enfield has eclipsed the fishing activity aimed at migrating shad populations there.

Late next month, we will see the arrival of the shad and herring runs here in the Connecticut River. Last year's disastrous herring run is alarming. The numbers were down so far that there is some doubt as to whether the stripers will be here in large numbers.

No herring, no stripers is the problem. If the linesiders' favorite snack does not show in good numbers, then there will not be as many stripers as we are used to seeing in the past few years.

Cod are reported to be showing up in increasing numbers and sizes at various offshore wrecks. Pollack are numerous, but most of the pollack taken are under the 20-inch size limit.

Party boats such as the Francis Fleet and the Helen-H have been reporting decent numbers of cod when the weather permits them to get out to the fishing grounds. Sizes in the teens and low 20's are being reported.

Flounder fishing should be getting underway shortly; check the latest season, size, and bag limits of the state you are considering fishing. The marine regulations are subject to change with the new regulations being discussed and finalized.

Late reports indicate that some winter flounder are being taken in Niantic and at the mouth of the Connecticut River in Old Saybrook.

Make sure you check on the latest updates regarding striped bass in the marine fisheries laws. Some changes are bound to be coming concerning bag limits and a possible slot limit.

Ah, spring! So many opportunities, so little time. Have a safe and enjoyable week!

* * *

Kent Servis' "Outdoors New England" is a regular feature of The Agawam Advertiser News and is just one more reason why you turn our pages each and every week...

* * *

CYO 3rd/4th-Graders Are Undefeated...



IN ITS FIRST SEASON under the coaching of Mike Butt and Jeff Hartmann, the Agawam CYO girls' third- and fourth-grade basketball team had a 14-0 record. At the end of the season, the girls entered a tournament at Sacred Heart of Holyoke. The Agawam team won the final game by the score of 16-15. Congratulations to all the girls and to their coaches for an awesome season. Back row: Coach Mike Butt, Jessica Peck, Lindsay Stroll, Christina Korney, Mackenzie Doyle, and Assistant Coach Jeff Hartmann. Front row: Amanda Arbelaez, Taylor Hartmann, Rachel Butt, and Ashley Fink.

In Tri-Parish Bowling News...

Notre Dame Solidifies Early Lead In Round 4

Notre Dame jumped off to a good lead after two weeks of the fourth round by winning all eight points, the latest four over Boston College in a pretty close contest on Monday, March 6th.

After taking the first string by 17 pins, the next two were even closer; the second string by four and the third by 12. Bowling well for BC were Roger "Rabbitt" Josephson with a 305, and Maureen "Big Mo" Lyncosky, who came through with a neat 320 total.

Bowling not so well was anchor Betsy "Loaded" Cannon, who did not unload her best, ending up with a 286 total. Barbra "Quiet One" Josephson (the Rabbitt's better half) gave him a real test but was outlasted by six pins, ending up with a 299.

Other ND bowlers that did well were Maybeth "Miss Consistent" Coughlin, who ran her usual 95, 98, and 103 for a 296, and anchor bowler Flo "Rocky" Rochford, who had a 315 night.

St. Louis split with St. Mary in a battle for second place, and St. L. won the pinfall to end up five pins ahead overall. Don "Reb" Stitt led St. M. with a 329 series.

Paula "Wild Thing" Burke, the sub anchor person (and also mate of Agawam's animal control officer), ran off a 326 for St. M., but couldn't match the fire power of St. L. anchor Glen "Not Sam" Adams, who had a 349 night. Also for St. L., Jim "Big Mac" McCormack unleashed a "half" attack with a 309 series.

Georgetown ran over Holy Cross, 3-1, in a low-scoring match. Caroline "Peppy" CoelIn announced her return by rolling an opening 113 string and finished with a 286 series, which matched HC anchor Ron "The Don" Menard's total. G'T anchor "Mighty" Debbie Poirier only ran off a 311, but it was high for this contest. She was helped by a good effort from Lucy "Not In Peanuts" Menard. Her 293 series was higher than "The Don's" (her son).

Fordham took it on the chin again, losing to Catholic University, 3½-½, in a low-scoring night. CU won the first string by two pins (while the second string was tied), but came through in the third string with a 17-pin win.

In the battle of anchors, CU's Kathy "Big Cat" Burlingham came out one pin up on "Jolly" Olly Muldrew, 317-316. There was a lot of muttering about the alleys (numbers one and two), and it was unanimously agreed upon that everyone was a much better bowler than the scores indicated on this night.

STANDINGS AS OF MARCH 6TH:

Notre Dame	8-0
St. Louis	6-2
St. Mary (Round Winner)	6-2
Holy Cross	5-3
Catholic Univ. (Round Winner)	3½-4½
Georgetown	3-5
Fordham (Round Winner)	½-7½
Boston College	0-8

Daggett Women Compete In Gymnastic Sectionals

On Sunday, March 12th, two Level 6 Team girls from Tim Daggett Gold Medal Gymnastics in Agawam competed in a Sectional meet hosted by Spectrum Gymnastics in Brockton. The event was an opportunity for individuals to qualify to move on to state competition, to be held April 16th.

The two girls, Mia Saimeri of East Longmeadow and Christie Lee of Windsor Locks, CT, both scored well. Saimeri won the 10-11 year-old age group Vault event, scoring 9.0, and Floor Exercise, with an 8.65, earning the All-Around first with a 35.1 total. Lee, in the 12-13 year-old group, also earned the right to move on to States with her consistent individual events and 33.1 score in the All-Around.

During the previous week, the team participated in the Bay State Classic, hosted by Walker's Gymnastics of Lowell. The Levels 6-10 girls squared off against athletes representing 32 gyms and coming from as far away as Georgia.

The two-day event started with the Level 7's Joy Higley of Suffield, CT, and Sara Kantany placing well. Higley captured third places in both Beam and Floor events with 8.9 and 8.5 scores, respectively. Kantany scored her best on the vault with an 8.7. Elizabeth Clark of Feeding Hills competed next with the Level 8s. Her highest score was on the Beam with an 8.475, but she placed best on Vault (in 10th) in a highly competitive field.

The Level 9 and 10 girls captured Team Second Place awards. Brionne Lancour, a Level 9 from Agawam, took a first on Bars with an 8.75, a second on Beam with an 8.75, and a third on Floor, scoring 8.625. Jen Stack of Enfield, CT, helped with a fourth on Vault. But the leader of the group was Andrea Babbin, also of Agawam. Her consistent efforts, along with a second on Vault and third on Beam, gained her a third in the All-Around.

In Level 10 competition, Lauren Powell of Feeding Hills (in the Junior Division) took firsts on Vault, scoring 9-1; first on Bars with an 8.75; and seconds on Beam and Floor, earning her the All-Around title. Leah Boccaccio of Enfield, CT, took a second on Vault, fourth on Bars, and fifth on Floor. Michelle Germano of West Springfield also did well in the Senior group, taking first on Bars, third on Floor, and second on Beam and in the All-Around.

The next day, the Level 6s also performed well. In the Child Division, Jamie Basilone of West Springfield placed on Bars with an 8.9, Floor with an 8.775, and Beam and Vault with 8.65's. In the Intermediate Age Division, Caitlin Ranstrom of Feeding Hills won first on Bars with an 8.65 and third in the All-Around. Kim Denue of East Windsor and Mia Saimeri both had great Beam routines, scoring 9.05 and 8.85.

In the Junior Division, Danielle Lee took a 9.0 on Vault and an 8.8 on Floor, capturing second in the All-Around. She was closely followed by her sister, Christine Lee, whose best events were Beam and Floor, scoring 8.5 and 8.55.

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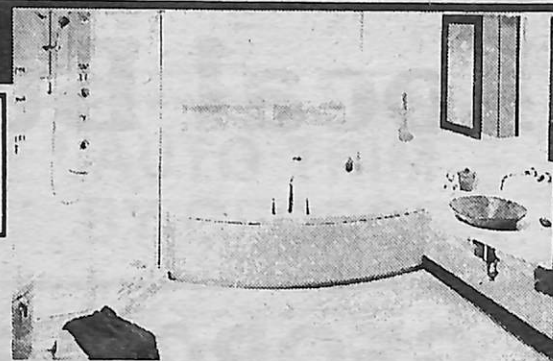
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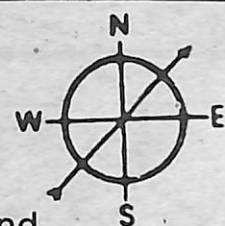
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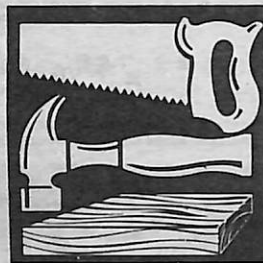
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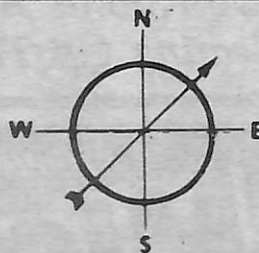
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SWIM COACH WANTED: Applicants must have previous competitive swimming and coaching experience, certified first aid and CPR. Must be available to work evenings and weekends. Applications are available at the Recreation Office, 760 Cooper Street, Agawam, or forward a letter of interest and resume to Chris Sparks, Director of Parks and Recreation, 760 Cooper Street, Agawam, MA 01001. For more information, call the Agawam Recreation Department at (413) 821-0514. The Town of Agawam is an affirmative action, equal opportunity employer and is strongly committed to diversity within its community.

HELP WANTED — WAITSTAFF OPENING: At Crestview Country Club, Agawam. Great opportunity to work at a private country club. Full-time, part-time, flexible hours. Please call at 786-2593 between 10:30 a.m. and 7:30 p.m.

WANTED — EDUCATIONAL ASSISTANT: Suffield Public Schools is seeking a full-time Educational Assistant for our Computer Lab. 32.5 Hours/Week, 10-month position. Starting rate \$9.35/hour. Call (860) 668-3801 between the hours of 8:00 a.m. and 3:00 p.m. for application information. Closing date 3-24-00. EOE.

WANTED — DINING ROOM MANAGER: Area's premiere banquet facility is looking for a person seeking an exciting and rewarding F/T position. Must be flexible, have working knowledge of dining room, kitchen and bar, sales and menu planning experience. 3-5 years management experience a must. Benefits and paid vacation. Send resume to P.O. Box 365, Agawam, MA 01001.

Agawam Public Schools Junior High Secretary

Secretary to the Junior High Assistant Principal. Send resume to Agawam Public Schools, Mr. Donald J. Charest, Deputy Superintendent, 1305 Springfield Street, Feeding Hills, MA 01030, no later than 4:00 p.m. on Wednesday, March 22, 2000.

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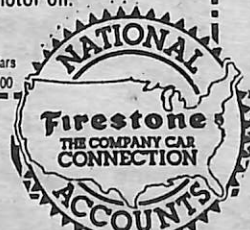
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